

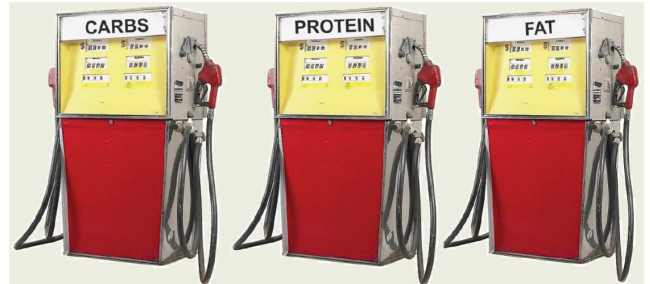
# Nutrients & Energy

## What does our body need?

Carbohydrates, fats, proteins, vitamins, minerals and water.

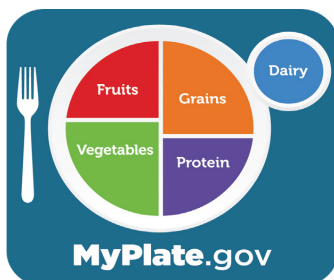
### Carbohydrates, fats and proteins

provide nutrients and fuel to give us energy for our body. Just like how cars need gas as fuel to keep running, our body needs energy from food to keep it running.

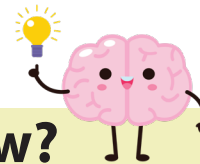


**Vitamins, minerals and water** provide other nutrients to help our body function better. Just like how cars need other fluids such as oil and transmission fluid to help the car run smoother, our body needs these other nutrients, too.

**When we eat or drink, calories are converted to energy to help fuel our body; this is called metabolism. The number of calories a food provides tells us how much energy that food will give us.**



Eating a variety of foods from each food group on **MyPlate** will help ensure we are getting the energy and nutrients our bodies need.



## Did you know?

The brain's primary source of energy comes from carbohydrates. The carbohydrates are broken down to glucose, and the glucose fuels our brain.

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