



THE 6 ESSENTIAL NUTRIENTS

Carbohydrates

Function: Carbohydrates are the body's preferred energy source. The body converts the glucose into ATP to be used as energy.

Sources:

- simple carbs: sugar, fruit, candy, honey
- complex carbs: brown rice, quinoa, whole grain bread, potatoes, legumes

Practical tip: add a serving of fruit to your breakfast in the morning to improve energy and increase fiber intake.



Protein

Function: Repairs and builds tissues in the body. Supports muscle growth, aids in metabolic processes, strengthens immunity.

Sources: meats such as chicken and beef, nuts, seeds, chickpeas, lentils, greek yogurt, tofu, fish, beans, cheeses, milk

Practical tip: aim to get about 30g of protein at each meal by incorporating healthy protein sources from above.



Lipids

Function: Fats provide structure for cells and long term energy. Helps to protect and insulate organs, produces hormones, and regulates inflammation..

Sources: coconut oil, butter, avocados, cashews, peanuts, fatty fish, olive oil full-fat yogurt

Practical tip add some full-fat yogurt to a smoothie.:



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Vitamins

Function: support the immune system, energy production, protects cells from free radical damage.

Sources: fruits, leafy greens, sunlight, sweet potato, whole grains, lean meats, carrots

Practical Tip: have a salad with mixed greens, nuts, seeds, and other vegetables and a dressing to help the body absorb the fat soluble vitamins.



Minerals

Function: hydration and electrolyte balance, energy metabolism, immune support

Sources: leafy greens, nuts, seeds, spinach, lean meats, dairy, whole grains

Practical tip: have a homemade trail mix of pumpkin seeds, mixed nuts, dark chocolate, and dried fruit as a handy snack throughout the week.



Water

Function: hydrates the body, regulates its temperature, excretes toxins through urinary tract, supports bodily functions such as nutrient and oxygen transport.

Sources: water, peppers, oranges, melons, cucumbers

Practical tip: try to consume about ½ your body weight in ounces per day and add hydrating fruits and electrolytes as needed