The Chosen Eight

There are two vitamins:

Vitamin A
- Growth of body cells
- Forms and maintains skin
- Helps eye sight

Vitamin C
- Helps body use iron
- Helps healing
- Resistance to infection

There are two minerals:

Iron
- Carries oxygen
- Increases resistance to infection
- Helps body use energy

Calcium
- Bone formation and strength
- Blood clotting
- Muscle movement

There are four energy-producing nutrients:

Protein
- Builds and repairs tissues
- Is part of hormones and antibodies
Fat
- Energy
- Part of every cell
- Carries and stores vitamins

Saturated Fat
- Same as fat

Calories
- Energy