

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