

MICRO- NUTRIENTS

Metabolic
Magic

PHYTONUTRIENTS

INTRO

MINERALS

VITAMINS

TEAMWORK

MICRONUTRIENTS

While macronutrients (carbs, proteins and fats) are needed in large amounts and provide your body with energy, *micronutrients* are only needed in small amounts and do not provide energy. They are, however, essential to each body process.

Micronutrients include:

Vitamins, Minerals and Phytonutrients

VITAMINS
MINERALS
PHYTONUTRIENTS

micro = small

MACRO = BIG

VITAMINS

Like all micronutrients, vitamins work with other nutrients to trigger body processes. Because your body cannot produce them on its own, almost all of your vitamins must come from food.

It is important to know what vitamins are contained in what foods so you can make sure that you get all the vitamins you need!

Vitamins come in two categories, depending on how they are carried through your body:
Fat-soluble and **water-soluble**

Fat-soluble vitamins

Water-soluble vitamins



VITAMINS
MINERALS
PHYTONUTRIENTS



I help you
make
Vitamin D!

Fat-soluble vitamins

Found in foods with a higher fat content

A

Fish
Nuts
Vegetable Oils
Dairy

E

D

K



Water-soluble vitamins

Vitamin C, and the B-complex vitamins

Meat, fish
Whole grains
Fruits
Vegetables
Dairy

B1

B2

B3

B5

B6

B7

B9

B12

C



MINERALS

* **FAST FACT:**

Minerals come from the earth, either in the form of plants, that absorb it from the ground, or animals, that eat food containing minerals. They not only help with body processes, they also *give your body structure*.



For example, calcium makes your bones and teeth strong. But it does not work alone...you also need vitamins D, K and magnesium so that the calcium can be absorbed.

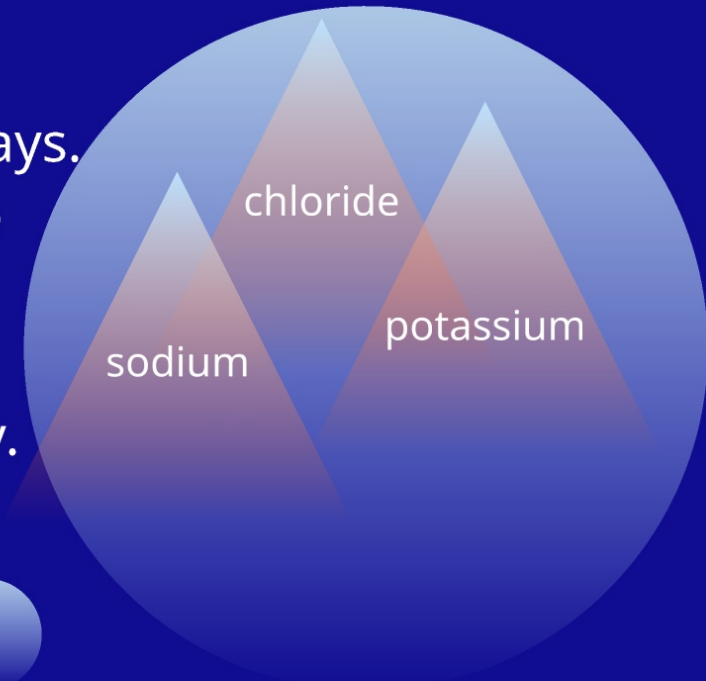
VITAMINS

MINERALS

PHYTONUTRIENTS

Minerals and Fluid: Electrolytes

Minerals combine in important ways. Three minerals, **sodium, chloride and potassium**, also called *electrolytes*, are necessary for maintaining the fluid in your body.



"Phyto"
means plant



PHYTONUTRIENTS

Phytonutrients come from plant sources.

Foods with lots of phytonutrients are often very colorful and provide your body with health benefits such as preventing diseases, strengthening your immune system, and other ways that support your body to maintain optimal health.

VITAMINS

MINERALS

PHYTONUTRIENTS



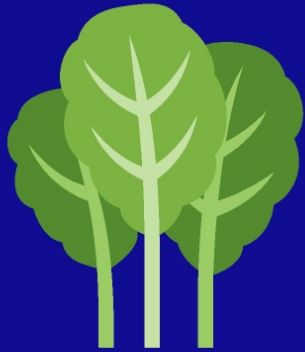
Antioxidants

PHYTONUTRIENTS ARE FOUND IN

COLORFUL FOODS

fruits, vegetables, beans, whole
grains, nuts, herbs, spices and tea

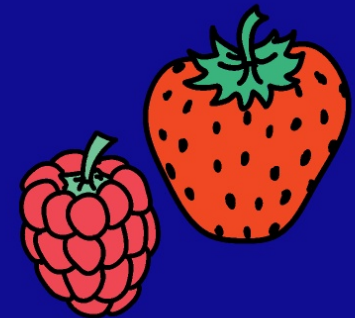
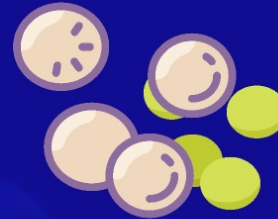
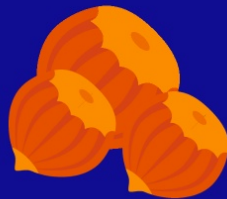
Metabolic
Magic



Many phytonutrients also act as **antioxidants**.



Antioxidants are substances that slow damage to your cells caused by *oxidation*, helping to protect against chronic diseases such as heart disease.



TEAMWORK




Teamwork is important when it comes to micronutrients!

Specific micronutrients may be important for specific processes inside your body, but they often need to **work together** to make them happen.

For example, combining Vitamin C and iron will help your body break down the iron, while vitamins D, K, and magnesium help in calcium absorption.

In order to get the most benefit from these nutrients, you need a **variety** of them in your diet.





*While
MICRONUTRIENTS
come in small doses,
the health benefits
are immense!*

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