

<i>Nutrients</i>	<i>Function</i>	<i>Food Source</i>
Carbohydrates	Primary high-energy fuel source during exercise Replenish body stores of glycogen Provide dietary fiber	Grains, breads, cereals, rice, pasta Fruit and fruit juices Vegetables Dairy and soy milk, yogurt
Fat	Provides essential fatty acids Provides fat-soluble vitamins Adds flavor to foods Used as a fuel source Protects and insulates body organs Component of cell structures	Liquid oils Margarine and butter Nuts and seeds Avocado Fish
Minerals	Involved in energy production Play role in building body tissue Play role in muscle contraction Involved in oxygen transport Maintain acid-base balance of blood	Fruits and vegetables Lean protein foods Whole grains Oils, nuts, and seeds
Protein	Provides essential amino acids Required for maintaining and developing muscle and other body tissue Essential component of enzymes, hormones, and antibodies Needed for the formation of hemoglobin	Meat, poultry, fish, cheese, eggs Soy, dried beans, lentils Dairy and soy milk, yogurt
Vitamins	Enhance energy production Involved in tissue repair and protein synthesis Play role in red-blood-cell formation Act as antioxidants	Fruits and vegetables Lean protein foods Whole grains Oil, nuts, and seeds
Water	Carries oxygen and nutrients to cells Plays a role in digestion Cools the body through sweat production Has important role in many cellular processes Significant component of muscle tissue	Tap water Bottled water Fruit juices, dairy milk, soy milk Solid foods that contain water, such as fruits, vegetables, yogurt