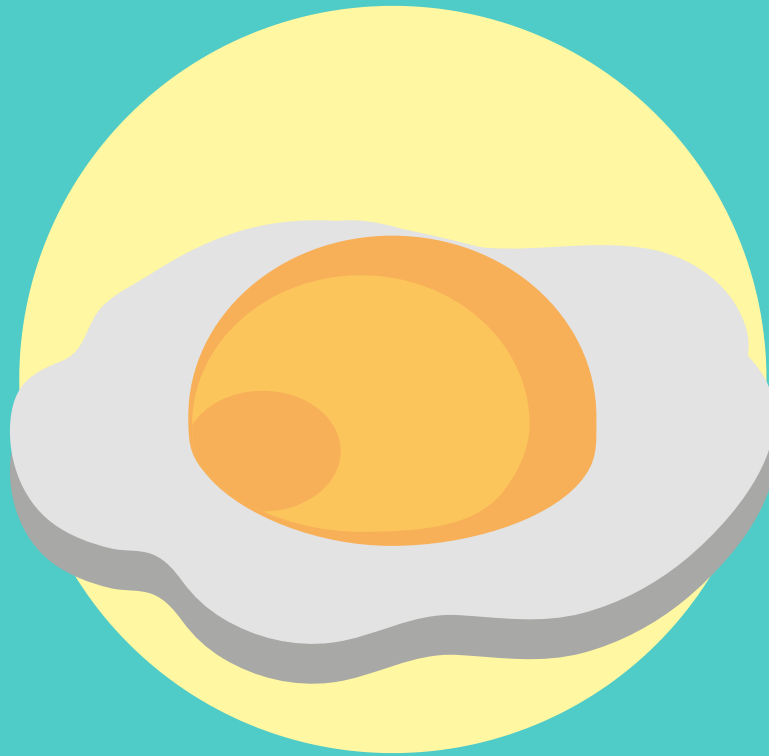


NUTRITION 101



CARBOHYDRATE

Our bodies use this to produce energy for everything we do, and they keep our tummy healthy.



PROTEIN

Helps our muscles and bones stay strong and provides energy for everything we do!



FAT

Maintains strong cell structures, and supports our bodies in absorbing some vitamins and minerals!.



VITAMINS

Vitamins play an important role all over our bodies. Including helping our bodies access energy essential for growth and development, keeping our immune system and nervous system healthy



MINERALS

We use these to form our bones and teeth, make our red blood cells, and support our immune health.



STAYING HYDRATED

Did you know water makes up approximately 70% of our body weight?!.
We should have 6-8 glasses a day.
Be mindful of your sugary drink intake as this can be bad for your teeth.