

FOOD GROUPS

Q: What is the best way to fuel my body?

A: Your body needs a variety of essential nutrients each day. The best way to fuel up is to eat a balanced diet—a diet that includes a variety of foods from all Five Food Groups. Since each food group contains different key nutrients, it is important to choose to eat foods from each food group to get the nutrients your body needs to fuel your body to play, learn and grow you should choose a variety of nutrient-dense foods from all Five Food Groups.

Key Nutrient:

A main nutrient provided by a food group. Nearly all foods in that group provide substantial amounts of that nutrient.

Common Nutrients:

Other nutrients that are commonly found in each of the food groups.

GRAINS



VEGETABLES



FRUITS



DAIRY



PROTEIN



NAME: _____

Key Nutrients	Body Functions the Key Nutrients Fuel	Common Nutrients
	Helps your body to use the energy from food, helps to keep your heart, brain and red blood cells healthy	Iron Dietary Fiber Folic Acid Magnesium
	Healthy eyes	Vitamin C Dietary Fiber Folic Acid Potassium
	Healthy immune system	Vitamin A Fiber Folic Acid Potassium
	Strong teeth and bones	Protein Riboflavin Vitamin D Potassium
	Helps build, maintain and repair tissues	Iron Niacin Magnesium Zinc



with the

FOOD GROUPS

Fuel-Up vs. Fill-Up

When creating a balanced diet, consider the types of foods that you are choosing to eat. Eating foods that are high in added sugars and fats can fill you up but not fuel you up—these foods have energy, but typically not the additional vitamins and minerals that we need. When choosing foods, choose nutrient-dense foods that have as much energy as vitamins and minerals that will fuel your body with what it needs to play, learn, and grow.

Nutrient-dense foods:

Foods that are high in nutrients as compared to their calorie (energy) content. Foods that are nutrient-dense contain vitamins, minerals, fiber, and other healthful nutrients with little or no saturated fat, sodium, and added sugars. This means that the calories in these foods are calories that your body needs to function.

Empty-calorie foods:

Foods that have calories but have few or no other nutrients. Many foods can be high in sugar and/or fats and have no other nutrients that our body needs to function.

NAME: _____

FUEL-UP FOODS

Fill-in four examples of **nutrient-dense foods or beverages** that are good fuel-up choices.

1.

2.

3.

4.

FILL-UP FOODS

Fill-in four examples of **empty-calorie foods or beverages** that you should limit since they fill you up but provide few nutrients.

1.

2.

3.

4.