

Nutrition



TEXAS FARM BUREAU®

THE ESSENTIAL 6: YOUR DAILY NUTRITIONAL NEEDS

Carbohydrates



- Main Source of Energy
- Aids in Digestion

Fats



- Provides Energy
- Absorbs Vitamins
- Forms and Repairs Cells
- Important for Skin Health

Proteins



- Provides Energy
- Builds and Repairs Tissue
- Necessary for Growth and Development

Vitamins



Each Vitamin Helps Support...

- A** : Vision, Immune System, and Skin
- D** : Bone and Teeth
- E** : Red Blood Cells and Cell Production
- C** : Immune System
- B's** : Brain, Nerve, and Red Blood Cells

Minerals



Each Mineral Contributes To...

- **Calcium** - Strong Bones and Teeth
- **Potassium** - Fluid Balance and Blood Pressure
- **Iron** - Oxygen and Red Blood Cells
- **Iodine** - Thyroid Function
- **Zinc** - Immune System

Water



- 60% of our Body is Water
- Provides Hydration
- Assists in the Transportation of Nutrients
- Supports Temperature Regulation

HOW TO READ THE LABEL

Serving Size

Gives the size of 1 serving and how many are in a package.

Calories

Provides the number of calories per serving.

Cholesterol

Naturally produced in the liver. Consuming extra amounts is usually unnecessary. Large amounts can be linked to heart disease.

Total Carbohydrates

•Dietary Fibers:

This type of carb is not easily absorbed in the intestines, which makes it good for the digestive track and aiding in bowel movement.

•Total Sugars:

Natural sugar found in food.

•Added Sugars:

Additional sugar that was added to the product during processing.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

Total Fat 4% 4%

Saturated Fat 1.5% 4%

Trans Fat

Cholesterol 50mg 28%

Sodium 150mg 15%

Total Carbohydrate 10g 3%

Dietary Fiber 5g

Sugars 3g

Protein 16%

Vitamin A 1% Vitamin C 3%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

% Daily Value

The percentage of daily nutrients that is provided in one serving.

Total Fat

•**Saturated Fat:** Healthy fat, mostly coming from animals and some plants.

•Trans Fat:

An artificial or processed fat that is considered unhealthy.

Sodium

Small amounts of this mineral are necessary for fluid, muscle, and nervous systems to function.

Protein

Sourced from plants and animals.

Vitamins & Minerals

•**Vitamins:** Naturally found in plants and animals, these are digestible in fats and water.

•**Minerals:** Found in natural sources like water & soil.

STAY HEALTHY AND EAT YOUR...

PROTEIN, DAIRY & HEALTHY FATS

Eat 1.2-1.6g per kg of your weight per day



VEGETABLES & FRUITS

Eat 3 servings of vegetables per day

Eat 2 servings of fruits per day



WHOLE GRAINS

Eat 2-4 servings per day

