

# Fueling Your Body

Six Essential nutrients and their benefits

Essential nutrients like fats, proteins and vitamins are vital, especially in older adults. For all of us, regardless of age, our bodies can't get enough of the nutrients we need, so we need to get it from food and smart diet choices. Here are some tips for fueling your body the best way with six key nutrients.

## 1. Protein

Healthy sources of protein include: meat, fish, eggs, beans, soy and nuts. Protein gives us the building blocks that we need. It provides support for every single cell in your body. Many important substances in your body are made of protein including hormones and antibodies.

## 2. Carbohydrates

Healthy sources of carbs include: whole grains, beans, fiber-rich vegetables and fruits. Carbs usually get a bad rep, but they are necessary for your health. Carbs fuel your body, they are responsible for the success of your central nervous system and brain, while protecting against disease.

## 3. Fats

Healthy sources of fats include: nuts, seeds, fish and vegetable oils. Fats are an important part of a healthy diet; they provide support for important body functions. Building cells, vitamin and mineral absorption and muscle contraction are all supported by the fats you consume. Fats don't stop there; they are also great anti-inflammatories. Fats can lower your risk of arthritis, cancer and Alzheimer's.



## 4. Vitamins

Healthy sources of vitamins include: a well balanced diet of vegetables and fruit. All 13 essential vitamins play a huge role in the body. They are important for healthy vision, skin and bones. Not getting enough of these vitamins can cause health issues and disease.

## 5. Minerals

Healthy sources of minerals include a well balanced diet of vegetables and fruit. Similar to vitamins, minerals also support the body and are needed for certain body functions. Minerals build strong bones/teeth, regulate your metabolism and maintain healthy blood pressure, while supporting muscle contraction.

## 6. Water

Staying properly hydrated is crucial for your everyday life, about 62% of your body is water weight. It flushes out toxins and carries nutrients to cells in your body. Also staying hydrated improves your brain function and mood.