**Nutrition**

5 Food Groups

1.

2.

3.

4.

5.

6.

6 Classes of Nutrients

1.

2.

3.

4.

5.

6.

3 Eating Disorders

1.

2.

3.

|  |  |  |
| --- | --- | --- |
| Vitamin | Good for your: | Sources |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| Mineral | Good for your: | Sources |
| Calcium |  |  |
| Potassium |  |  |
| Zinc |  |  |
| Fluoride |  |  |
| Sodium |  |  |

Teens should consume between \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories a day.

You should consume no more than \_\_\_\_\_\_\_\_\_\_\_ grams of sugar a day

Why is fiber good for you?