

## Nutrition Facts

1. There are five nutrient groups: Protein, Fats, Carbohydrates, Vitamins, Minerals, Water.
2. Protein and Carbohydrates provide 4 calories per gram, and Fats provide 9 calories per gram.
3. Vitamins, Minerals and Water do not provide calories.
4. You need to eat a variety of foods to provide nutrients from each category every day.
5. A deficiency in any nutrient group will eventually cause health problems.
6. Although, not generally listed as a separate nutrient, Fiber is also necessary for your health and well-being.
7. Empty calories are those foods, usually processed, that provide little or no nutrition, but at the same time add calories.
8. Vegetables that are lightly cooked or eaten raw have the most nutritional benefit.
9. Water is necessary for many of your body's functions.
10. Although nutrient requirements may vary based on age, gender and nutritional status, there is a direct correlation between the nutrients in your diet and your general health.