

Nutrition Handout

Title: _____

Introduction:

SECTION 1: THE BASICS OF NUTRITION

1.1 Macronutrients:

Protein:

Carbohydrates:

Fats:

1.2 Micronutrients:

Vitamins:

Minerals:

SECTION 2: CREATING A BALANCED PLATE

Vegetables:

Fruits:

Grains:

Proteins:

Dairy or Alternatives:

SECTION 3: TIPS FOR HEALTHY EATING

3.1 Hydration:

3.2 Portion Control:

3.3 Limit Added Sugars and Salt:

3.4 Meal Planning:

SECTION 4: ADDITIONAL RESOURCES

4.1 Recommended Reading:

4.2 Websites: