

Protein

Builds and repairs
tissue

Carbohydrate

Fuels body functions

Vitamin A

Fights infection and
helps eyesight

Vitamin C

Fights infections
Heals bones/wounds

Vitamin E

Heals and maintains
skin

B Vitamins

Helps body use food
energy

Iron

Carries oxygen

Potassium

Helps nerves and
muscles

Phosphorus

Builds strong bones

Calcium

Builds strong bones

Vitamin A

Fights infection and
helps eyesight

Vitamin C

Fights infections
Heals bones/wounds