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