EAT HEALTHY... GROW STRÖNG

Nutrients are the things we need to eat for energy (working and playing), for growth (building and maintaining the body) and for protection against infection. It is important that we eat the right foods to get the nutrients our bodies need.

Grain is really just seeds. Plants pack their seeds with energy and nutrients. For example, rice, oats, nuts and soybeans contain carbohydrates and fats for energy, protein for body building and vitamins and minerals for protection. What is good for the baby plants is good for us, too. Eat whole grains food at EACH MEAL.

The bright colors of plants please more than just the eye. The color comes from phytochemicals meaning "light" chemicals. These chemicals help plants to grow and stay healthy.

COLORS MAKE US STRONG

There are many different "light" chemicals. Chlorophyll is one of them. It gives plants their green color. Chlorophyll can capture energy from sunlight. We don't have chlorophyll in our bodies. That's why people aren't green. Because we don't have chlorophyll, we need to eat plants (or eat the animals that already ate plants) to get the sun's energy to make our bodies work.

The red, yellow and orange coloring in plants comes from carotenoids. These phytochemicals protect the plant from the harmful effects of the sun while the chlorophyll is collecting light. When we eat plants rich in carotenoids, they may also act to protect us from the sun's harmful rays.

Scientists are just beginning to learn how phytochemicals help plants and people. Eating a variety of different colors can help make us strong.

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