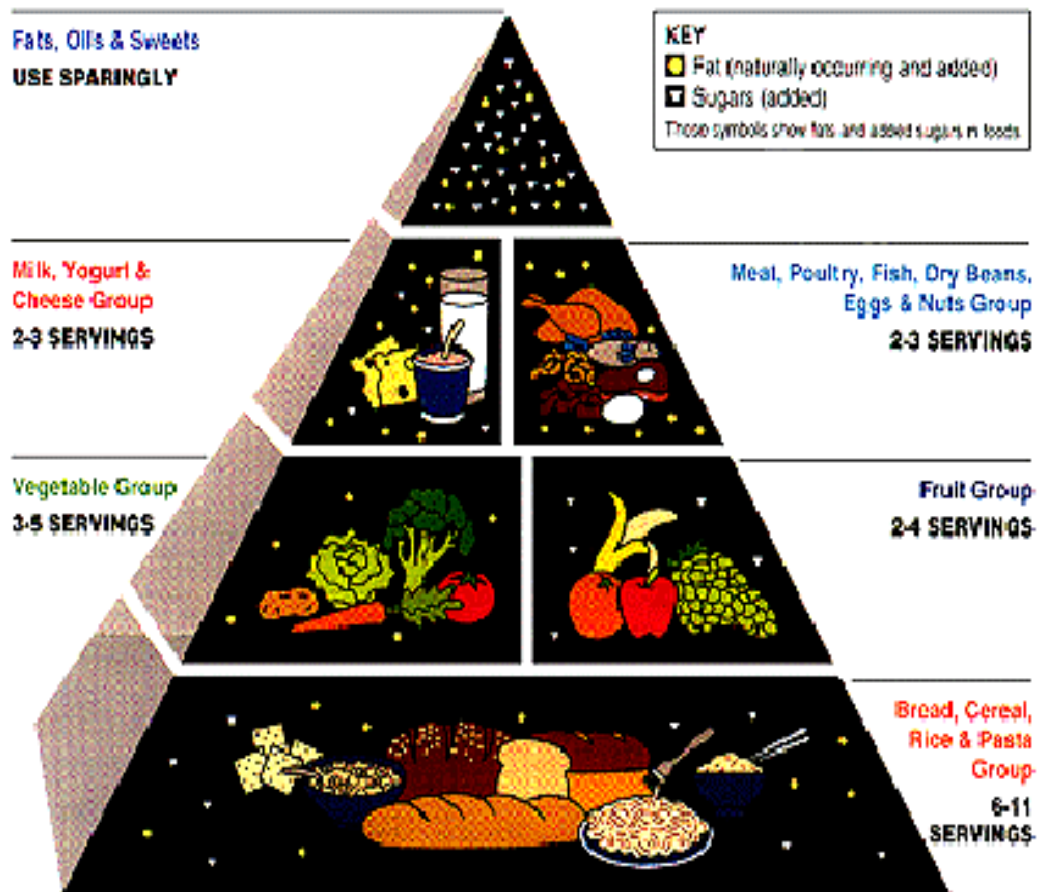


# Nutrients that the Body Needs

Collaboration Research by Coach Burks Sixth Period  
Health Class 2014-2015

Topic: What some nutrients give back to us as a result of consuming them.



## Instructions

Create a google doc

Share to Coach Burks

List all Nutrients in Broccoli

List 10 sources of Fiber

List 10 sources of protein

List 10 sources of fat

List sources of B12 not in text

Logan's group will do 10 sources of fiber.

Zoe's group will do protein

Brett's group will do the bad fats

Matthews group will do Broccoli

Katelynn's group will do b12 not in text

Shaynees group will do good facts

## Research:



### **10 Sources of Fiber**

- 1.)Beans
- 2.)Brown Rice
- 3.)Popcorn
- 4.)Bran Cereal
- 5.)Nuts
- 6.)Potato
- 7.)Berries
- 8.)Oatmeal

9.)Vegetables

10.)Whole Grains

<http://www.webmd.com/diet/features/top-10-sources-of-fiber>

(JULIAN DIAZ, LOGAN SELLS, CHRISTOPHER BOBBITT, HEATH HOOD,)



### **Good Fats**

1-avocados

2- eggs

3-nuts

4- olive oil

5-nut butter

6-fatty fish

7-seeds

8-veggies

9-ground flaxseed

10-beans



## **- Bad Fats**

- 1 - Fatty beefs
- 2 - Lamb
- 3 - Pork
- 4 - Poultry with skin
- 5 - Beef Fat (Tallow)
- 6 - Lard (Pig fat) and cream (Higher-butterfat layer skimmed off the top of milk)
- 7 - Butter
- 8 - Cheese (other dairy products made from whole or reduced fat 2 percent milk)
- 9 - Fried foods
- 10 - Some plant based oils (palm oil, coconut oil, palm kernel oil)

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Saturated-Fats\\_UCM\\_301110\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Saturated-Fats_UCM_301110_Article.jsp)

(KEVIN ANDREWS, MASON HILL, BRETT MORGAN, & ANDREW HOOD)



## **10 Sources of B12**

1. shellfish (cooked clam)
2. liver (beef)
3. fish (mackerel)

4. crustaceans (crab)
5. fortified soy products (silken tofu)
6. fortified cereal (all bran)
7. red meat (beef)
8. low fat dairy (skim milk)
9. cheese (swiss)
10. eggs (chickens)

<http://www.healthaliciousness.com/articles/foods-high-in-vitamin-B12.php>

(EMMA ROLLAND, KAYTLYNN JOHNSON AARON SORENSON)



### All Nutrients In Broccoli

- 1.205 percent of the RDA of vitamin C
- 2.190 percent of the RDA of vitamin k
- 3.46 percent of the RDA of vitamin a
- 4.24 percent of the RDA of folate
- 5.19 percent of the RDA of dietary fiber
- 6.17 percent of RDA of manganese
- 7.15 percent of RDA of calcium

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/the-nutrition-of-broccoli.html#b>

(MATTHEW W, WILLIAM B, DILLON C)



# got protein?

## 10 Sources of Protein:

1. Turkey breast and chicken breast
2. Fish (tuna, salmon, halibut)
3. Cheese (non-fat mozzarella)
4. Pork loin
5. Lean beef and veal
6. Tofu
7. Beans (mature soybeans)
8. Eggs (egg whites)
9. Yogurt, milk, and soymilk
10. Nuts and seeds (pumpkin, squash, watermelon seeds, peanuts, and almonds)



<http://www.healthaliciousness.com/articles/foods-highest-in-protein.php>

ZOE L., JENNIFER B., JESSICA R.