

Nutrition Through the Life Cycle

Protein

needed for building muscle and tissue

Iron

helps deliver oxygen to the blood

Vitamin D

promotes bone mineralization can get enough from sun light

Vitamin K

helps with blood coagulation

Calcium

needed for bone and teeth formation

BMI

body mass index

Nutrition

process of absorbing nutrients from food and processing them in the body in order to keep healthy or to grow

Fats

concentrated sources of fuel to the body's energy system