WELLNESS

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| NUTRIENTS | Products from foods that help the body function properly. |
| VITAMINS | Found in food, help body function properly. Water-soluble and fat soluble. |
| Vit. B |  |
| Foods | Grains, meats, dark leafy veg. |
| Part of body it helps |  |
| One more fact |  |
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| Vit. C |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
|  |  |
| Vit. A |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
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| Vit. D |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
| Vit. K |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
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| MINERALS | Elements in foods that help build teeth, bones, and blood |
| Niacin |  |
| Foods |  |
| Part of body it helps |  |
| One more fact | Niacin is not a mineral in the traditional sense. It is Vit. B3. |
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| Iron |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
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| Zinc |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
|  |  |
| WATER |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
| PROTEIN |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
|  |  |
| FATS |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
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| CARBOHYDRATES |  |
| Foods |  |
| Part of body it helps |  |
| One more fact |  |
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