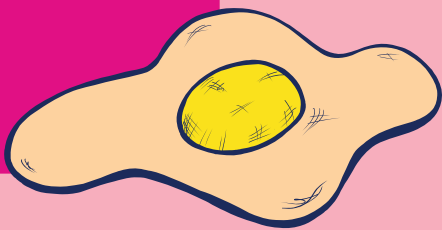


# Mission nutrition

Discover the building blocks  
of a balanced diet.



Nutrient	Why you need it	Where to find it
Protein	Helps build and repair your muscles and organs	Meat, eggs, dairy, beans, nuts
Carbohydrates	Helps give your body energy	Bread, pasta, rice, potatoes
Healthy fats	Helps give your body energy and protect your organs	Oils, butter, nuts, avocados
Vitamins	Helps keep you healthy	Fruits, veggies, dairy
Minerals	Helps you grow and stay strong	Meat, dairy, leafy greens, whole grains
Water	Helps with almost everything!	Your tap!

