

DID YOU KNOW that your body needs over 45 different nutrients every day? These nutrients are essential for health and must be provided in the foods eaten. These nutrients can be divided into five classes:

- Carbohydrates (starches, sugar, and fiber)
- Proteins (includes 22 amino acids)
- Fats (saturated, monosaturated, and polyunsaturated fatty acids)
- Minerals
- Vitamins

These nutrients work together and interact with body chemicals to perform several functions: provide materials to build, repair and maintain body tissues, supply substances that function in the regulation of body processes, and furnish fuel for energy needed by the body. Each nutrient has a certain special job to do in the building, maintenance, and operation of your body. Some jobs require that nutrients work together as a team. These jobs are nutrient-specific. They cannot be done by other nutrients; an extra supply of one nutrient cannot make up for a shortage of another. That's why a balanced diet including all food groups is so necessary. Your body needs all of these nutrients, not just a few. Some nutrients need to be replenished every day from food, while others can be stored in the body for future use. (SparksPeople)

WHEN TO EAT WHAT? According to the Food Safety and Inspection Service at the USDA, most leftovers should be consumed within 4 days. Pizza and cooked meats and poultry are good for 3 to 4 days. Lunchmeats, eggs, tuna, macaroni and potato salads, 3 to 5 days. Basically, nothing should be eaten after 5 days.

Eat frequently - Hunger can stress the body and trigger the release of cortisol, a hormone that encourages the storage of fat in the abdomen. To keep your hunger under control, **split** your meals and snacks into five or six minimeals. (Prevention)