

# Chapter 6

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Lesson 6.1 Graphic Organizer

### Overlapping Nutrients

Most healthy foods are good sources of more than one nutrient. In the diagram below, list your favorite foods that are good sources of protein, carbohydrates, fats, minerals, or vitamins. Highlight the foods if they contain more than one nutrient. For example, a turkey sandwich on whole-grain bread is a good source of healthy protein and carbohydrates.

Protein	Carbs	Fats	Minerals	Vitamins
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>