

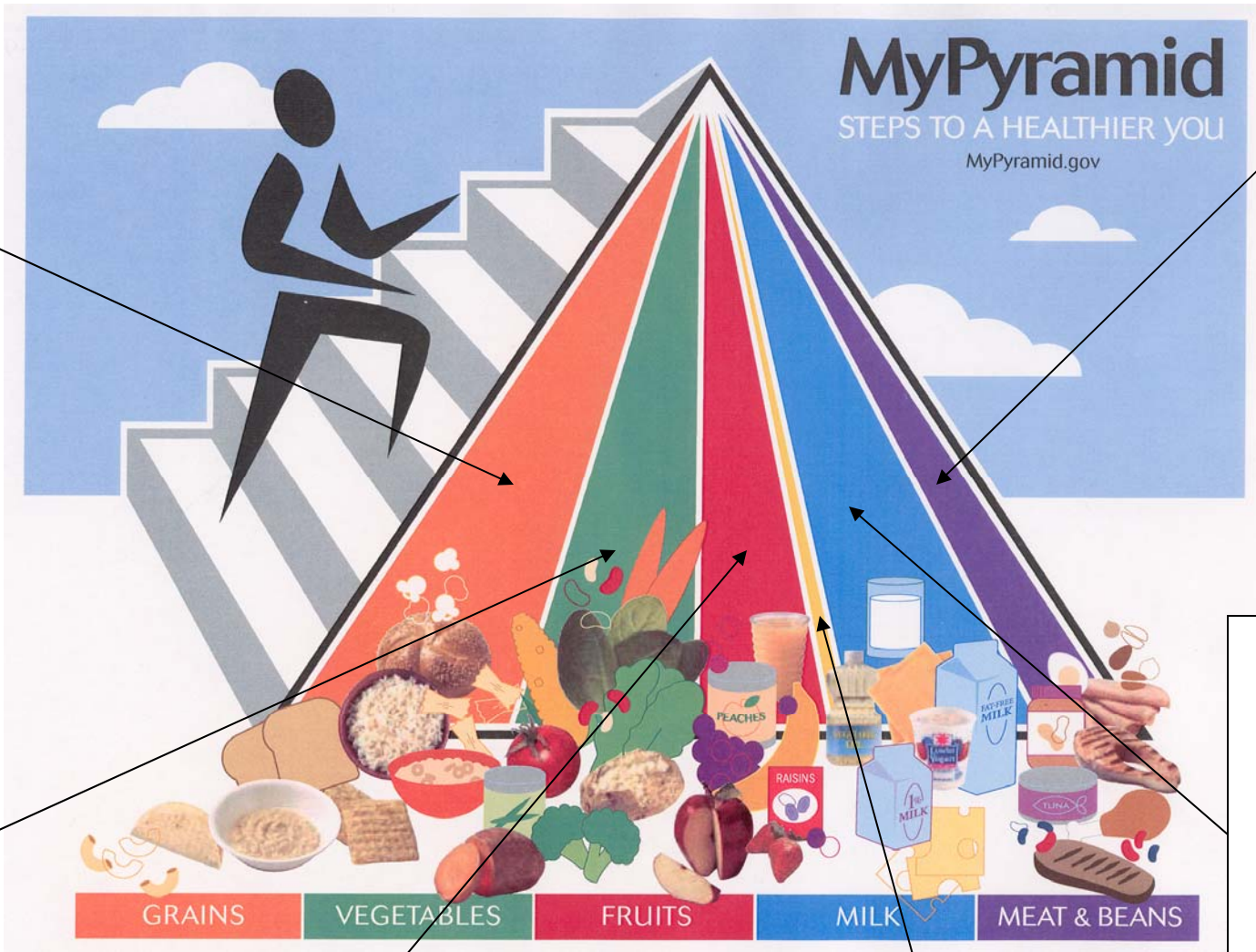
FOOD GROUP NUTRIENTS

Carbohydrate
 Protein
 Iron
 Magnesium
 Potassium
 Selenium
 Zinc
 A, B₆, K
 Niacin
 Thiamine
 Riboflavin
 Water
 Fat

Protein
 Fat
 Copper
 Iron
 Magnesium
 Selenium
 Zinc
 B₆, B₁₂
 Folic Acid
 Niacin
 Thiamine
 Riboflavin
 Water
 Carbohydrate

Carbohydrate
 Protein
 Magnesium
 Potassium
 Selenium
 A, B₆, C, K
 Folic Acid
 Riboflavin
 Water
 Fat

Protein
 Fat
 Carbohydrate
 Calcium
 Potassium
 Selenium
 B₁₂, D, K
 Riboflavin
 Water



Carbohydrate
 Potassium
 Magnesium
 Water
 A, B₆, C
 Folic Acid
 Fat

Fat
 E