



**NURTURE**

[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)

# Why do we eat?



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Revised July 2013

Cars need gasoline  
**Bodies need food!**



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Eating gives our bodies energy to  
think, play, and  
do all the activities we love!



# GO FOODS

Give you long-lasting energy

Eat everyday

Help you stay healthy





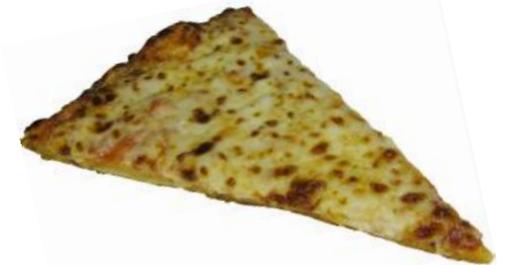
# SLOW FOODS



Low in healthy nutrients

Give a quick burst of energy, then slow you down

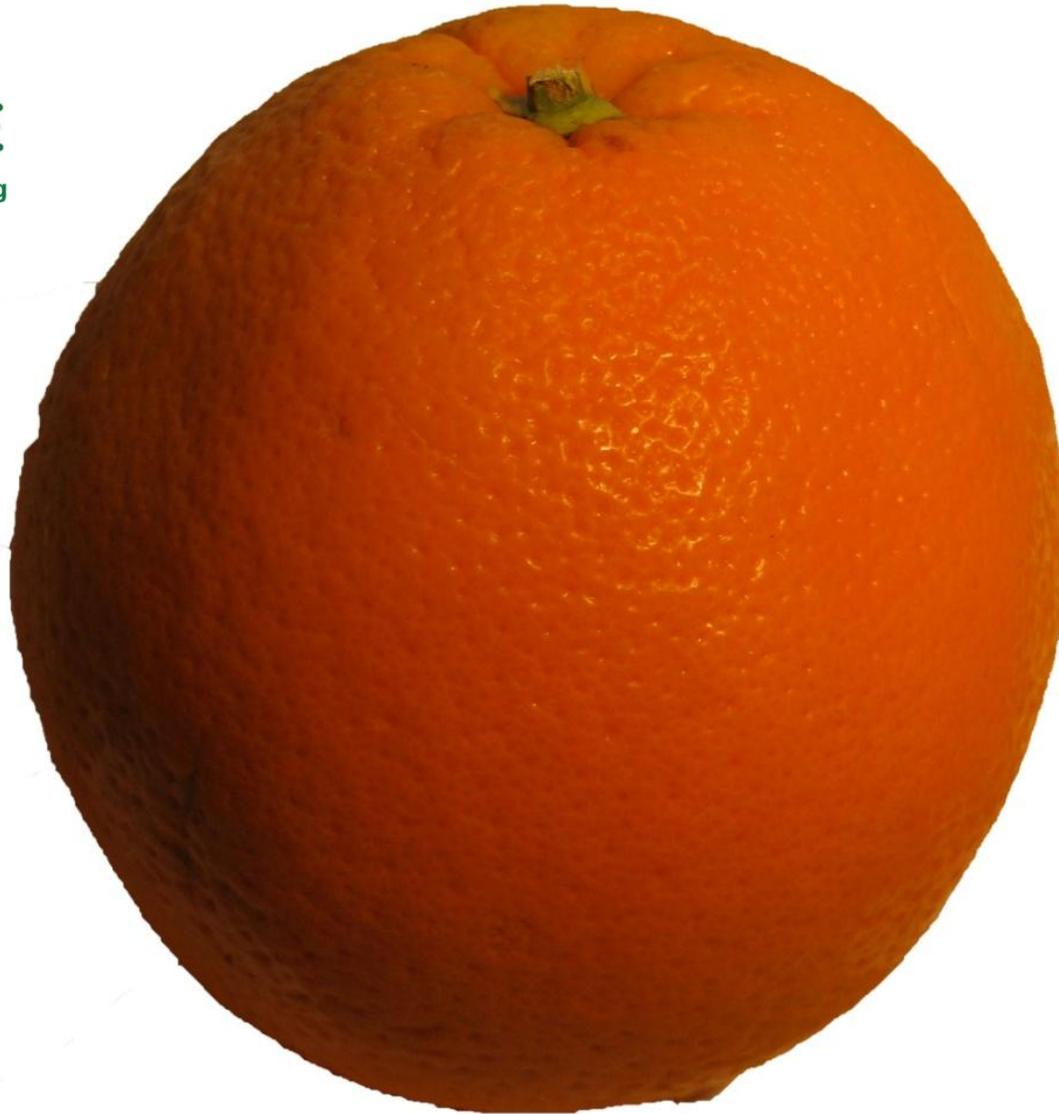
Should be eaten in moderation





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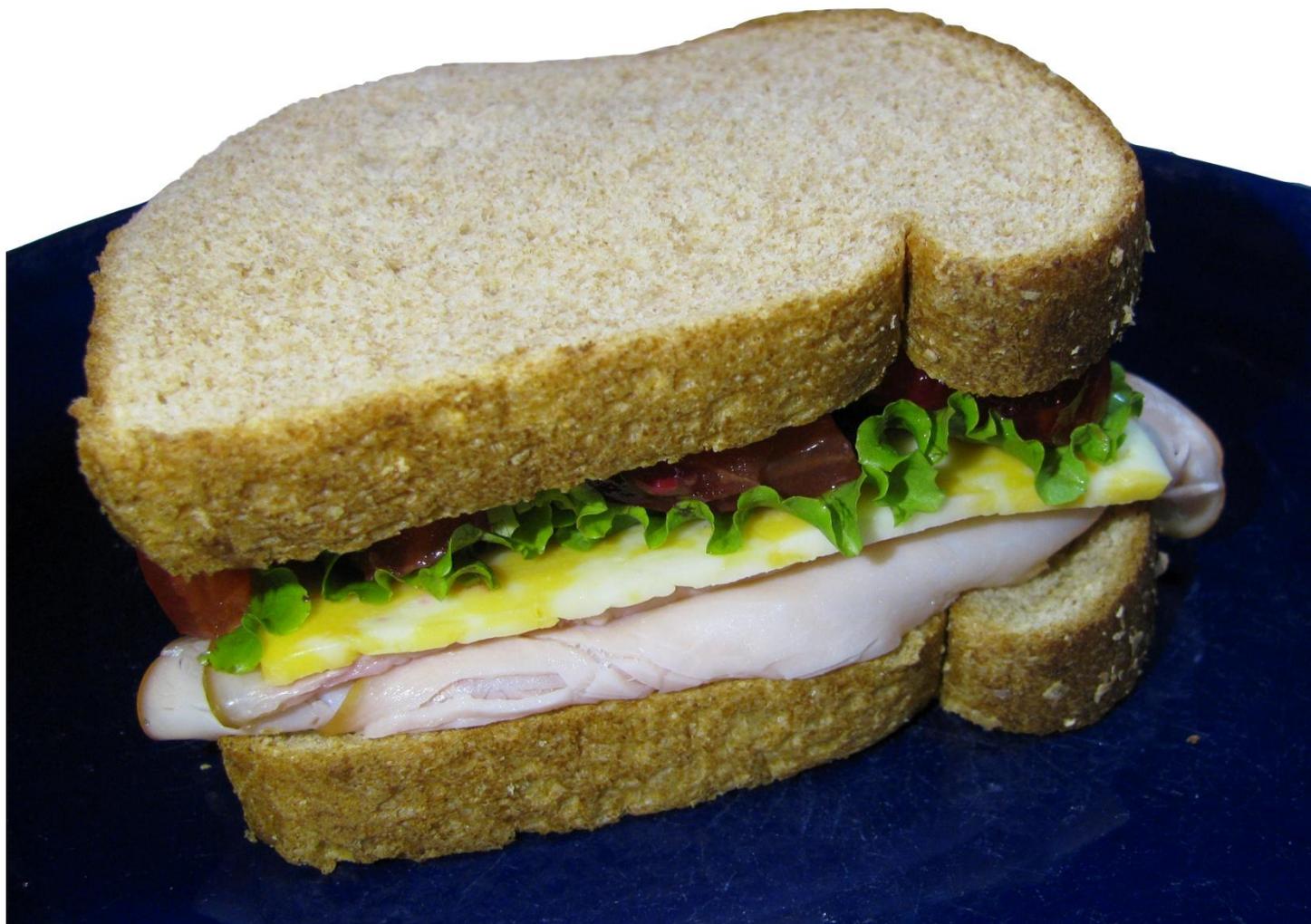


Photo courtesy of Chris Breeze



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**Photo courtesy of geoftheref**



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Photo courtesy of David Leggett



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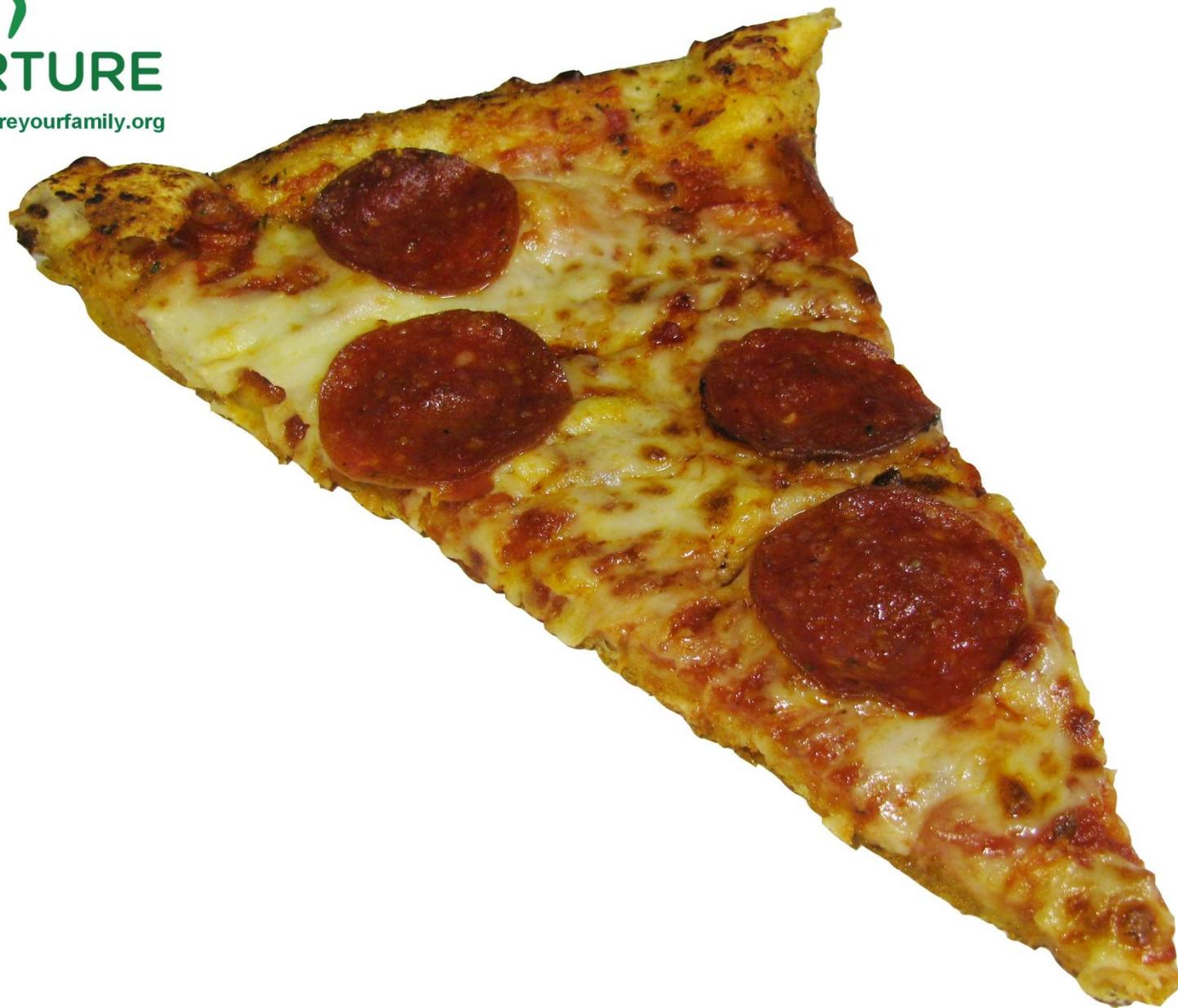
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Photo courtesy of Igkiii's photostream