

The 6 Key Nutrients

NUTRITION:

<p>Carbohydrates</p> <ul style="list-style-type: none"> • Major sources of energy in the diet. <p>Major Function</p> <ul style="list-style-type: none"> • Energy 	<p>Simple Carbohydrates:</p> <ul style="list-style-type: none"> • Sugars <p>Complex Carbohydrates:</p> <ul style="list-style-type: none"> • Starches • Supply vitamins and minerals • Should eat a lot each day <p>Fiber:</p> <ul style="list-style-type: none"> • Complex carbohydrate • Provides roughage that stimulates the intestines. <p>Glycogen:</p> <ul style="list-style-type: none"> • Carbohydrates stored for later energy use. 	<p>Sources:</p> <ul style="list-style-type: none"> • Fruits, vegetables, milk, candy, soft drinks, jams, jellies. • High in calories but low in nutrients. <p>Sources:</p> <ul style="list-style-type: none"> • Dry beans, peas, starchy vegetables, rice, grits, pasta, oatmeal, cornmeal, breads, and cereals. <p>Sources:</p> <ul style="list-style-type: none"> • same as carbohydrates
<p>Proteins</p> <ul style="list-style-type: none"> • Nutrients found in every cell in the body. Made up of amino acids - building blocks for cells. <p>Major Functions</p> <ul style="list-style-type: none"> • Growth • Fighting off disease 	<p>Complete Proteins:</p> <ul style="list-style-type: none"> • Contain all the essential amino acids. <p>Incomplete Proteins:</p> <ul style="list-style-type: none"> • Lack one or more of the essential amino acids. 	<p>Sources:</p> <ul style="list-style-type: none"> • Meat, poultry, fish, eggs, dairy products <p>Sources:</p> <ul style="list-style-type: none"> • dry beans, dry peas, grains, and nuts have more protein than other fruits and vegetables. (plant sources)

<p>Fats</p> <ul style="list-style-type: none"> ● Concentrated sources of food energy <p>Major Functions:</p> <ul style="list-style-type: none"> ● Insulates body ● Protects and cushions organs ● Help with the distribution and use of some vitamins 	<p>Saturated Fats:</p> <ul style="list-style-type: none"> ● Solid at room temperature <p>*Unsaturated Fats:</p> <ul style="list-style-type: none"> ● Liquid at room temperature <p>Hydrogenation:</p> <ul style="list-style-type: none"> ● Oil that has been turned into a more solid fat, which makes it more saturated. <p>Cholesterol:</p> <ul style="list-style-type: none"> ● A fat like substance that helps the body carry out its many processes. ● 2 types- ● HDL- good/ high density lipids ● LDL- bad/ Low density lipids 	<p>Sources:</p> <ul style="list-style-type: none"> ● Animal foods and tropical oils <p>Sources:</p> <ul style="list-style-type: none"> ● Vegetable oils <p>Sources:</p> <ul style="list-style-type: none"> ● Animal foods
<p>Minerals</p> <ul style="list-style-type: none"> ● Builds tissue and regulates body functions. ● <p>Major Functions:</p> <ul style="list-style-type: none"> ● Essential parts of bones, teeth, and red blood cells. ● Helps with proper functioning of muscles, nerves, and blood clotting 	<p>List the 12 Minerals:</p> <ul style="list-style-type: none"> ● Calcium and Phosphorus- helps bones and teeth ● Iron- red blood cells ● Potassium and Sodium- keeps water balance ● Copper ● Iodine ● Magnesium ● Manganese ● Selenium ● Zinc 	<p>Sources of Minerals:</p> <ul style="list-style-type: none"> ● Fruits and vegetables
<p>Vitamins</p> <ul style="list-style-type: none"> ● Organic substances needed in small amounts 	<p>Fat Soluble Vitamins:</p> <ul style="list-style-type: none"> ● Mix only with fat <p>Water Soluble Vitamins:</p> <ul style="list-style-type: none"> ● Mix only with water 	<p>List the 10 Vitamins:</p> <ul style="list-style-type: none"> ● Fat- Vitamin A, D, E and K ● Water- Vitamin C, B - riboflavin,

<p>Major Functions:</p> <ul style="list-style-type: none">● Regulate body processes● Enable other nutrients to work		<p>thiamin, niacin, B6, B12 and folate</p> <p>Sources</p> <ul style="list-style-type: none">● Fruits and vegetables
<p>Water</p> <ul style="list-style-type: none">● Carries nutrients to the cells and waste products from the cells● 6-8 glasses a day <p>Major Functions:</p> <ul style="list-style-type: none">● Replaces the amount lost through breathing, perspiration, and breathing		