Nutrients

The food you eat is a source of nutrients. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are defined as *the substances found in food that keep your body functioning.*

Your body needs nutrients to…

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your energy.
* Help you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Repair itself.
* Maintain basic bodily functions.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is Key

The 6 Essential Nutrients

* Water
* Carbohydrates
* Protein
* Fat
* Vitamins
* Minerals

Water: Did you know? 1/2 to 3/4 of the human body consists of water!

Functions in the Body:

* Water carries nutrients to your cells and carries waste from your body.
* Regulates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Dissolves vitamins, minerals, amino acids and other nutrients.
* Lubricates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Food Sources: Pasta, breads, cereals, grains, rice, fruits, milk, yogurt and sweets.
* Two types of Carbohydrates: Starches or Complex Carbohydrates

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Carbohydrates

* Food Sources: Fruits, juices, milk, and yogurt, candy, soda, and jelly.
* These simple carbohydrates have a bad reputation because they are high in calories and low in nutritional value.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Carbohydrates

* Food Sources: Whole grain breads and cereals, pasta, vegetables, rice, tortilla and legumes.
* Function in the Body: An excellent source of fuel (energy) for the body.
* Rich in vitamins, minerals and fiber.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is *the plant material that doesn’t break down when you digest food.* Many, but not all, complex carbohydrates contain fiber.

Food Sources: Oatmeal, fruits, vegetables, whole grains and legumes. Function in the Body: Aids in digestion.

May reduce the risk of developing some diseases like heart disease, diabetes and obesity, and certain types of cancer.

Helps promote regularity.

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Food Sources: Meat, fish, eggs, poultry, dairy products, legumes, nuts and seeds. (Breads, cereals and vegetables also contain small amounts of protein.)

Function in the Body: Provides energy. Help to build, maintain, and repair body tissues.

Proteins are made up of chemical compounds called amino acids. There are 20 amino acids.

Two types of Protein:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Proteins: Contain all 9 essential amino acids. They are found in animal sources.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Proteins: Lack one or more of the essential amino acids. They are found in plant sources.

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  *- The most concentrated form of food energy (calories).*

Food Sources: Butter, vegetable oils, salad dressings, nuts and seeds, dairy products made with whole milk or cream, and meats.

Function in the Body: Provide substances needed for growth and healthy skin. Enhance the taste and texture of food.

Required to carry “fat-soluble” vitamins throughout the body. Provide energy.

Types of Fat

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fat: Fats that are usually solid at room temperature. Food Sources: Animal foods and tropical oils. The type of fat most strongly linked to high cholesterol and increased risk of heart disease.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fat: Fats that are liquid at room temperature.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fat: Food Sources: Vegetables and fish oils. Provide two essential fatty acids necessary for bodily functions.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fat: Food Sources: Olive oil, canola oil, nuts, seeds. May play a role in reducing the risk of heart disease.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
*- A fat-like substance that is part of every cell of the body.*

Function in the Body: Helps the body make necessary cells including skin, and hormones. Aids in digestion.

The human body manufactures all the cholesterol it needs. You also get cholesterol from animal food products you eat.

When cholesterol levels are, high there is a greater risk for heart disease.

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Sources: Fruits, vegetables, milk, whole-grain breads, cereals and legumes. Unlike carbohydrates, fats, and proteins, vitamins DO NOT provide energy (calories).

Function in the Body: Help regulate the many chemical processes in the body.There are 13 different vitamins known to be required each day for good health.

Vitamins are separated into two types: Fat Soluble & Water Soluble Vitamins.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Soluble Vitamins: Vitamins A, D, E, K Require fat for the stomach to allow them to be carried into the blood stream for use (absorption). Can be stored in the body for later use.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Soluble Vitamins: Vitamins C and B-complex Require water for absorption. Easily absorbed and passed through the body as waste.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Out

* Watch portion size
* Share meals
* Pay attention to how foods are prepared
* Look for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or baked
* Add fresh fruits and vegetables
* Go easy on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Ask for topping on the side
* Don’t drink your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_