

NUTRIENT BASICS



Nutrients

- ◆ The food you eat is a source of _____.
- ◆ What are nutrients? _____

◆ Your body needs nutrients to...

- Fuel your _____.
- Help you grow.
- _____ itself.
- Maintain basic bodily functions.

Balance is Key

These three are the framework of the Food Guide Pyramid:

- ◆ Eat foods from all groups of the Food Guide Pyramid: _____
- ◆ Eat different foods from each food group: _____
- ◆ Eat more foods from the bottom of the pyramid, and fewer and smaller portions of foods from the top of the pyramid: _____



The 6 Essential Nutrients

- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

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 _____ from your body.
- Regulates _____.
- Dissolves vitamins, minerals, amino acids and other nutrients.
- Lubricates joints.



Carbohydrates

◆ Carbohydrates are the _____ and provide the body's need for _____.

◆ Food Sources:

- Pasta, breads, cereals, grains, rice, fruits, milk, yogurt and sweets.
- Two types of Carbohydrates:
 -
 -



Simple Carbohydrates

- Food Sources: _____

- These simple carbohydrates have a bad reputation because they are _____ in calories and _____ in nutritional value.



Starches or Complex Carbohydrates

- Food Sources: _____

- Function in the Body:

- An excellent source of fuel (_____) for the body.
- Rich in vitamins, minerals and fiber.



Fiber

- ◆ What is FIBER? _____

Many, but not all, complex carbohydrates contain fiber.

- ◆ Food Sources:

- _____

- ◆ Function in the Body:

- Aids in _____.
- May reduce the risk of developing some diseases like heart disease, diabetes and obesity, and certain types of cancer.
- Helps promote regularity.



Proteins

- ◆ Food Sources: _____

- ◆ Function in the Body:

- Provides energy.

- _____

- ◆ Proteins are made up of chemical compounds called _____. There are _____ amino acids.



Amino Acids

Of the 20 amino acids, the human body is capable of producing 11 of them. The other 9 called, "Essential Amino Acids" must be supplied by food sources.

- ◆ Two types of Protein:



- _____:
 - Contain all _____ amino acids.
 - They are found in _____ sources.
- _____:
 - Lack one or more of the essential amino acids.
 - They are found in _____ sources.

Fat

- The most concentrated form of food energy (_____).

◆ Food Sources: _____

◆ 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.

PROTECTS INTERNAL ORGANS FROM INJURY, INSULATES THE BODY FROM SHOCK AND TEMPERATURE CHANGES!



Types of Fat

◆ _____ Fat:

● Fats that are usually _____.

● Food Sources: Animal foods and tropical oils.

● The type of fat most strongly linked to high cholesterol and increased risk of _____.



◆ _____ Fat:

● Fats that are _____.

● Polyunsaturated Fat:

● Food Sources: Vegetables and fish oils.

● Provide two essential fatty acids necessary for bodily functions.

● Monounsaturated Fat:

● Food Sources: Olive oil, canola oil, nuts, seeds.

● May play a role in reducing the risk of heart disease.



Cholesterol

◆ 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.

