6 Essential Nutrients

**Why are Nutrients Important?**

Help you stay healthy, brain function, skeleton moving, heart beating

Need 50 nutrients to keep body Alive

6 Main Nutrients what are they?

**CARBOHYDRATES**

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* Major source of human \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Easily \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ source of energy than fats or proteins
* Made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Main dietary sources: bread, pasta, crackers, cereals, potatoes, corn, peas, fruits, sugar, and syrups
* Carbohydrates should make up \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the daily diet

**Complex vs Simple**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ carbohydrates \_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods, which improve your digestion.
* They help stabilize the blood sugar, keep your energy at an even level, and help you feel satisfied longer after your meal.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ carbohydrates can alter your mood, lead to cravings and compulsive eating, cause wide swings in your blood-sugar levels, and cause weight gain in most people.
* In addition, a high consumption of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ can lead to uncomfortable withdrawal symptoms when you finally decide to improve your diet and forgo the sweets.

**Examples of complex**

Spinach

Whole Barley

Grapefruit

Turnip

Greens

Buckwheat

Apples

Lettuce

Examples of SIMPLE

Table sugar

Corn syrup

Fruit juice

Candy

Cake

Bread made with white flour

**Simple Carbs**

Eating too much can lead to weight gain



**PROTEIN**



* Basic components of all \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Essential for \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ tissue, regulating body functions, and providing energy and heat
* Made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and some also contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Proteins are made up of 22 building blocks called amino acids:**

* Complete proteins: contain \_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are essential to life. Found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ proteins: contain any of the remaining thirteen amino acids and some of the nine essential amino acids. Found in vegetable foods such as cereals, soybeans, dry beans, peas, and peanuts.
* Daily diet should consist of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein

**VITAMINS**

* Vitamins are important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ body processes
* Vitamins allow the body to use the energy provided by carbohydrates, fats and proteins
* Only small amounts of vitamins are required; a well balanced \_\_\_\_\_\_\_\_\_\_\_\_\_\_ usually supplies adequate amounts

**Vitamins are classified as one of two types:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ soluble: dissolve in water, are easily destroyed by cooking, air and light (vitamin C and B complex)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ soluble: dissolve in fat, can be stored in the body, are not easily destroyed by cooking, air and light, (Vitamins A,D,E,K)

**MINERALS**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ substances that help body work properly
* Sometimes become part of body tissues
* Minerals \_\_\_\_\_\_\_\_\_\_\_\_\_\_ body fluids, assist in various body functions, contribute to growth, and aid in building tissues
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WATER**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for life
* Makes up > amount of body weight
* Important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_ …digestion, metabolism, skin, detox, hydrate, energy
* makes up most of the blood plasma, helps body tissues absorb nutrients, and helps move waste material through the body.
* The average person needs \_\_\_\_\_\_\_\_\_\_\_\_\_\_ glasses of water each day

**FATS**

* Provide the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_ form of energy but are a more expensive source of energy than carbohydrates
* Made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ but contain more oxygen than carbohydrates
* Maintain body temperature by providing \_\_\_\_\_\_\_\_\_\_\_\_\_\_; cushion organs and bones; aid in the absorption of fat soluble vitamins; provide flavor to meals

**Two classifications of fats:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_: fats that are solid at room temperature (shortening)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_: fats that are liquid or soft at room temperature (oils)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_: a fatty substance found in body cells and animal fats and also manufactured by the liver. An excess can contribute to atherosclerosis (hardening of the arteries)
* Main dietary sources: \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Daily diet should consist of no more than \_\_\_\_\_\_\_\_\_\_\_\_\_\_ fat.
* Know the effects of Poor Nutrition in reading
* We are so lucky for all of our abundant food
* Health= greatly deteriorated in those that can’t afford to eat
* Lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Weak bones or muscle weakness or spas
* Very hard to focus without \_\_\_\_\_\_\_\_\_\_\_\_\_\_ studies show it helps focus
* Poor nutrition not just for those that have no money= bad food chocies..McDonalds…