

6 MAIN NUTRIENTS



NUTRITION - is the science of turning food into fuel for the body.

NUTRIENTS - provide materials for building and maintenance of body tissue, and regulating body processes.

The body needs the correct amounts of specific nutrients from 6 categories. Each of these specific nutrients performs specific functions in the body.

6 MAIN NUTRIENTS



CARBOHYDRATES - are the body's main source of energy. They also provide fiber for digestion and elimination.



PROTEINS - help build up or repair the body and help regulate it's processes. It is a building block of bones, muscles, cartilage, skin, and blood. It can also make antibodies to fight disease and is used to make enzymes, hormones, and other body chemicals.



FATS - carry fat-soluble vitamins through the body and provide body heat. They deliver essential fatty acids the body cannot manufacture which bolster heart health.



VITAMINS - help the body to grow and develop, although they do not provide energy or build body tissue. There are 13 vitamins. They cannot be made in the body. They must be obtained through diet.



MINERALS - help regulate the body processes. They do not provide energy. They are also obtained through a varied diet.



WATER - helps in digestion and in elimination. helps to control our body temperature, carries nutrients and waste products from our cells, and is needed for our cells to function.

RDI - (Recommended Dietary Intake) is used to determine the daily value of foods, which is printed on nutrition facts labels and is regulated by the Food and Drug Administration (FDA).

The **RDI** recommends that our diets have:

58% - Carbohydrates

30% - Fat

12% - Protein



Organic - a substance that contains carbon

Inorganic - a substance that has no carbon



4 Of 6 Nutrients Are Organic:
Carbohydrates, Protein, Fat & Minerals

3 Of 4 Organic Nutrients Provide Energy:
Carbohydrates, Protein, Fat

Energy - is fuel for the body
Calorie - (kcal) is a unit of energy

Example: an egg has 85 (kcal) calories

3 Of 6 Nutrients Have Calorie Value:
Carbohydrates, Protein & Fat



Calorie Value:

1 gram of Carbohydrate = 4 kcal

1 gram of Protein = 4 kcal

1 gram of Fat = 9 kcal

Answers For Meet The Nutrients

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