

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

Akash Tiwari



Answers For Meet The Nutrients:

Visualizing Nutrition Mary B. Grosvenor, Lori A. Smolin, 2017-12-19 Visualizing Nutrition teaches students to identify and connect the central elements of nutritional science using a visual approach As students explore important nutrition topics they are immersed in content that not only provides scientific understanding but demonstrates relevance to their personal lives Students are challenged and taught the decision making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease Visualizing Nutrition s critical thinking approach with a solid underpinning of the scientific process empowers students to be knowledgeable consumers when faced with decisions about what to eat Gate Life Science Zoology [XL-T] Question Answer Book 4000+ MCQ As Per Updated Syllabus Diwakar

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The book delves into Answers For Meet The Nutrients. Answers For Meet The Nutrients is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Answers For Meet The Nutrients, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Answers For Meet The Nutrients
 - Chapter 2: Essential Elements of Answers For Meet The Nutrients
 - Chapter 3: Answers For Meet The Nutrients in Everyday Life
 - Chapter 4: Answers For Meet The Nutrients in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, the author will delve into the foundational concepts of Answers For Meet The Nutrients. This chapter will elucidate the essential principles that must be understood to grasp Answers For Meet The Nutrients in its entirety.
 4. In chapter 3, the author will examine the practical applications of Answers For Meet The Nutrients in daily life. This chapter will showcase real-world examples of how Answers For Meet The Nutrients can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Answers For Meet The Nutrients in specific contexts. The fourth chapter will explore how Answers For Meet The Nutrients is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Answers For Meet The Nutrients. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Answers For Meet The Nutrients.

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