

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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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 Education Hub, 2022-09-19 GATE Zoology Life Science Code XL T Practice Sets Part of Life Science XL 4000 Question Answer MCQ MSQ Highlights of Question Answer Covered All 11 Chapters Subjects Based MCQ MSQ As Per Syllabus In Each Chapter Unit Given 350 MCQ MSQ In Each Unit You Will Get 350 Question Answer Based on Multiple Choice Questions MCQs Multiple Select Questions MSQs Total 4000 Questions Answer Explanations of Hard Type Questions Design by Professor JRF Qualified Faculties **Short Answer Questions and MCQs in Anaesthesia and Intensive Care, 2Ed** Peter Murphy, Adrian Dashfield, 2012-12-17 Following on from the success of the first edition Short Answer Questions and MCQs in Anaesthesia and Intensive Care has been completely rewritten to reflect the changes to the final FRCA exam from a long essay based examination to compulsory short answer questions SAQs This guide aims to introduce methods and systems of answering questions suc **Rudolphs Pediatrics Self-Assessment and Board Review** Michael D. Cabana, 2013-12-11 Complemented by Rudolph s pediatrics editor in chief Colin D Rudolph editors Abraham M Rudolph et al 22nd ed c2011 *Gate Life Science Botany [XL-P] Question Answer Book 2500+ MCQ As Per Updated Syllabus* Diwakar Education Hub , 2022-07-06 GATE Botany Life Science Code XL P Practice Sets Part of Life Science XL 3200 Question Answer With Explanations Mostly Highlights of Question Answer Covered All 9 Chapters Subjects Based MCQ As Per Syllabus In Each Chapter Unit Given 300 MCQ In Each Unit You Will Get 300 Question Answer Based on Multiple Choice Questions MCQs Multiple Select Questions MSQs Total 3200 Questions Answer Explanations of Hard Type Questions Design by Professor JRF Qualified Faculties *Mosby's Comprehensive Review of Practical Nursing for the NCLEX-PN® Exam - E-Book* Mary O. Eyles, 2010-10-15 This title includes additional digital media when purchased in print format For this digital book edition media content is not included Prepare for success on the boards with Mosby s Comprehensive Review of Practical Nursing for the NCLEX PN Examination An outline format makes studying easier and chapters organized by core clinical areas make review more efficient Separate chapters help you focus on the specialty areas such as pharmacology nutrition and emergency nursing Practice questions in each chapter are written in NCLEX examination style and include detailed rationales for both correct and incorrect answers Developed by NCLEX PN expert Mary O Eyles PhD RN this guide also includes a

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