

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

Geralyn Frandsen



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Table of Contents Answers For Meet The Nutrients

1. Understanding the eBook Answers For Meet The Nutrients
 - The Rise of Digital Reading Answers For Meet The Nutrients
 - Advantages of eBooks Over Traditional Books
2. Identifying Answers For Meet The Nutrients
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers For Meet The Nutrients
 - User-Friendly Interface
4. Exploring eBook Recommendations from Answers For Meet The Nutrients
 - Personalized Recommendations
 - Answers For Meet The Nutrients User Reviews and Ratings
 - Answers For Meet The Nutrients and Bestseller Lists
5. Accessing Answers For Meet The Nutrients Free and Paid eBooks
 - Answers For Meet The Nutrients Public Domain eBooks
 - Answers For Meet The Nutrients eBook Subscription Services
 - Answers For Meet The Nutrients Budget-Friendly Options

6. Navigating Answers For Meet The Nutrients eBook Formats
 - ePub, PDF, MOBI, and More
 - Answers For Meet The Nutrients Compatibility with Devices
 - Answers For Meet The Nutrients Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers For Meet The Nutrients
 - Highlighting and Note-Taking Answers For Meet The Nutrients
 - Interactive Elements Answers For Meet The Nutrients
8. Staying Engaged with Answers For Meet The Nutrients
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers For Meet The Nutrients
9. Balancing eBooks and Physical Books Answers For Meet The Nutrients
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers For Meet The Nutrients
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Answers For Meet The Nutrients
 - Setting Reading Goals Answers For Meet The Nutrients
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Answers For Meet The Nutrients
 - Fact-Checking eBook Content of Answers For Meet The Nutrients
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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