Chapter 1 - Food Is More than Something to Eat

- Definition of diet, metabolism
 - Diet: is your usual pattern of food choices (the food you consume during the day is your diet)
 - Metabolism: total of all chemical reactions in cells:
 - Energy generation
 - Protein production
 - Waste elimination
- Classes of Nutrients: Micronutrients (vitamins, minerals)
- Food Energy: Energy Suppliers
 - o Fats
 - Carbohydrates
 - o Protein
 - Alcohol
- Practice Calculation: Estimate the number of kcal in a serving of food that contains:
 - 10g of carbohydrates: 10g carbs x 4 kcal/g = 40 kcal of carbs
 - 10g of fat: 10g fat x 9kcal/g = 90 kcal/g = 90 kcal of carbs.
 - 5g of protein: 5g protein x 4kcal/g = 25 kcal of protein
 - Alcohol: 7 kcal per gram
 - Add the three sources together:
 - 40 kcal + 90 kcal + 20 kcal = 150 kcal/serving
 - Which nutrient provides the highest amount of energy in this food product?
 - Fact
- Definition of Essential Nutrients
 - Nutrients that the body cannot make for itself or cannot make in sufficient quantities to meet its needs (must be supplied in the diet, from the foods we consume)
- Non-Nutrients: Phytochemicals (definition)
 - Phytochemicals: made by plants and have some type of biological activity in the body
 - Extradfeline
 - Give plants their characteristic aroma, color, and flavor
 - Can also be harmful.
- Table of Phytochemicals end examples
 - Caffeine, Fruits, Vezetables
- No "Good" of "Bad" Foods
 - "Bad" or "Junk" Foods.
 - Still contain nutrients
 - Most foods contain more than one nutrient
 - Empty-Calorie identification High calories from unhealthy fats, sugar, and/or alcohol; poor source of vitamins and minerals
 - Nutrient-Dense Food identification High ratio of vitamins and minerals to calories; Leafy greens, fat-free milk, orange juice, lean meats, broccoli, wholegrain cereals
- Definition of Energy Dense food
 - Energy Dense Energy value of a food in relation to the food's weight

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