

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

Good Nutrition Summary And Vocabulary Answer Key

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Table of Contents Good Nutrition Summary And Vocabulary Answer Key

1. Understanding the eBook Good Nutrition Summary And Vocabulary Answer Key
 - The Rise of Digital Reading Good Nutrition Summary And Vocabulary Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Good Nutrition Summary And Vocabulary Answer Key
 - 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 Good Nutrition Summary And Vocabulary Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Good Nutrition Summary And Vocabulary Answer Key
 - Personalized Recommendations
 - Good Nutrition Summary And Vocabulary Answer Key User Reviews and Ratings
 - Good Nutrition Summary And Vocabulary Answer Key and Bestseller Lists

5. Accessing Good Nutrition Summary And Vocabulary Answer Key Free and Paid eBooks
 - Good Nutrition Summary And Vocabulary Answer Key Public Domain eBooks
 - Good Nutrition Summary And Vocabulary Answer Key eBook Subscription Services
 - Good Nutrition Summary And Vocabulary Answer Key Budget-Friendly Options
6. Navigating Good Nutrition Summary And Vocabulary Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Good Nutrition Summary And Vocabulary Answer Key Compatibility with Devices
 - Good Nutrition Summary And Vocabulary Answer Key Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Good Nutrition Summary And Vocabulary Answer Key
 - Highlighting and Note-Taking Good Nutrition Summary And Vocabulary Answer Key
 - Interactive Elements Good Nutrition Summary And Vocabulary Answer Key
8. Staying Engaged with Good Nutrition Summary And Vocabulary Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Good Nutrition Summary And Vocabulary Answer Key
9. Balancing eBooks and Physical Books Good Nutrition Summary And Vocabulary Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Good Nutrition Summary And Vocabulary Answer Key
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Good Nutrition Summary And Vocabulary Answer Key
 - Setting Reading Goals Good Nutrition Summary And Vocabulary Answer Key
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Good Nutrition Summary And Vocabulary Answer Key
 - Fact-Checking eBook Content of Good Nutrition Summary And Vocabulary Answer Key
 - 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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