

CHAPTER 1

Nutrition

- is the food people eat and how their bodies use it.

The **six essential nutrients** in human nutrition are:

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water

Three basic functions within the body:

1. Provide energy
2. Build tissue
3. Regulate metabolic processes

Metabolism:

- Refers to the sum of all body processes that accomplish the basic life-sustaining tasks.

Human Energy:

- Is measured in heat units called kilocalories which is abbreviated "kcalories"

→ The primary function of protein is **TISSUE BUILDING**.

Amino Acids:

- Are the building blocks of protein that are necessary for constructing and repairing body tissues (organs, muscles, cells, blood proteins)

Malnutrition:

- Refers to a condition that is caused by an improper or insufficient diet.

Vitamins & Minerals:

- Are essential nutrients that help to regulate many body processes.

Collagen:

- Is the protein found in the fibrous tissue such as cartilage, bone matrix, skin, and tendons.

The three micro-nutrients:

- carbohydrates, fats, proteins

The functions of carbohydrates:

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