

# **Nutrition Notes**

1. **Nutrients**- Substances found in food that keep your body in good working order

2. Six types of Nutrients

**A. Protein**

**B. Carbohydrates**

**C. Fats**

**D. Vitamins**

**E. Minerals**

**F. Water**

3. **Calorie** - Unit used to measure the energy found in food

4. **Protein**-Builds, maintains, and repairs body
- A. Made up of **amino acids**
  - B. **Essential** amino acids are those that your body cannot make so you need to get them daily from **food**.
  - C. Two types of protein:
    - 1. **Complete** - Has all of the essential amino acids  
These come from **animals**.
    - 2. **Incomplete** - Missing one or more essential amino acids  
These come from **plants**.
  - D. Provides energy, **4** cal/g

- 5. **Carbohydrates** - Body's main source of energy
  - A. Two types
    - 1. **Simple** - Sugars
    - 2. **Complex** - Starches
  - B. Fiber - not digested, helps get rid of **waste**
  - C. Provides energy, **4 cal/g**

6. **Fats**-Most concentrated form of food energy, **9** cal/gram

A. Two types of fat:

1. **Saturated** - solid, more harmful

2. **Unsaturated** - liquid, better for you

B. **Cholesterol**

1. Fat-like substance found in animal foods

2. Too much increases chances of heart disease

7. **Vitamins**-Triggers body processes and sets off chemical reactions.

A. Two types

1. **Fat-soluble**

a. Dissolves in fat

b. Vitamins **A, D, E, and K**

c. Stored in body

2. **Water-soluble**

a. Dissolves in water

b. Vitamins **B & C**

c. Leaves body in waste

B. **13** different ones each day

8. **Minerals** - Essential part of bones and internal organs.

A. Work with **vitamins**

B. You need **16** daily

9. **Water** - Most important nutrient, because can't live long without it

A. Carries **nutrients** to cells

B. Regulates body **temperature**

C. Carries **waste** from body