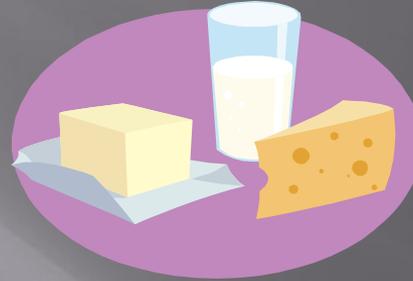
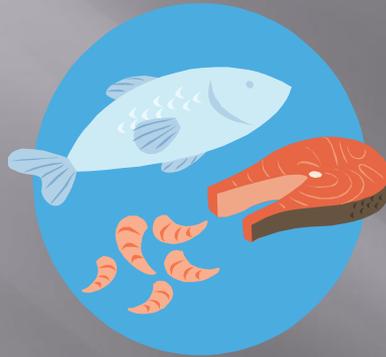
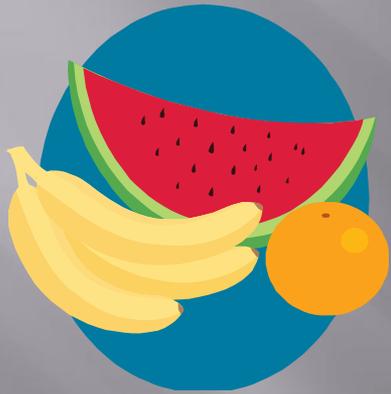


The 6 Major Nutrients



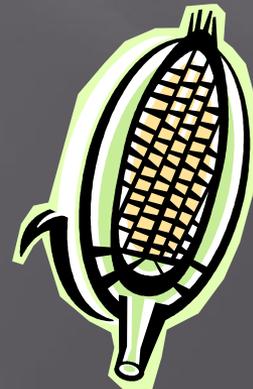
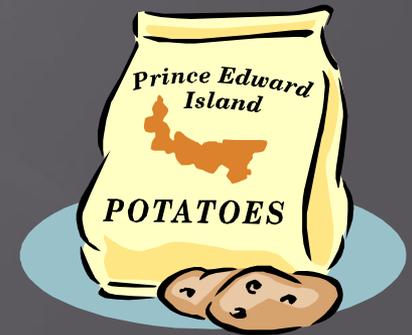
Why should we learn about these Nutrients???

- ▣ To help us make healthy food choices...
- ▣ To understand why we are making these food choices.
- ▣ To educate our friends and family why we need to take in adequate nutrients in our diet.



Carbohydrates

- ▣ Provides the body with MOST of its ENERGY...
 - ▣ What are some examples???
- Rice, honey, milk, corn, pasta, potatoes, breads...



Carbohydrates – 2 kinds

▣ Simple Carbohydrates – are SUGARS.

- Some sugars are found in; fruits, milk, honey.

****SHORT TERM ENERGY****

▣ Complex Carbohydrates – are the STARCHES.

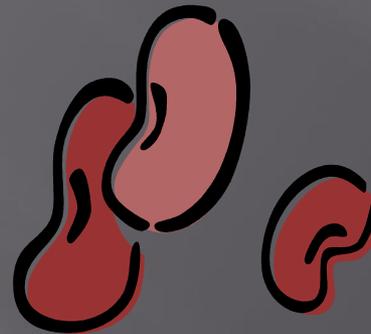
- Found in= breads, rice, and starchy vegetables like potatoes and corn.

- Your body will break down the starch and convert it to..... SUGAR.

****LONG LASTING ENERGY****

Proteins

- ▣ REPAIR body cells and tissues.
- ▣ Made up of chemicals called AMINO ACIDS.
- ▣ Your body can make many of them on their own, but essential amino acids can be obtained ONLY from some foods.
- ▣ Ex) eggs, milk, fish, dry beans, nuts, and meats...

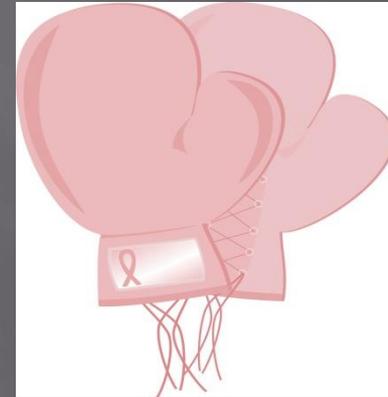


Proteins

- ▣ Why would proteins be important at YOUR age?
- ▣ Complete Proteins– found in foods; milk, eggs, and fish – from ANIMALS.
 - These CONTAIN all essential amino acids.
- ▣ Incomplete Proteins– found in foods; dry beans, and grains – from PLANTS.
 - Such foods do NOT CONTAIN all the essential amino acids.
 - People who do not eat food that come from animals can get all the amino acids that they need by eating a variety of plant-based foods.

Vitamins

- ▣ REGULATE body functions
- ▣ Help the body use other nutrients
- ▣ Some – help fight infection...



- ▣ What are some good vitamin sources???

FRUITS



VEGETABLES



WHOLE-GRAIN

BREADS



Vitamins

▣ Water-soluble- Vitamins dissolved in water...

-Vitamin C, and many vitamin B's.

Since the body gets rid of extra amounts of these vitamins in urine, water-soluble vitamins MUST be replaced each day.

▣ Fat-soluble- Vitamins dissolved in fat...

-Vitamins A,D,E and K.

The body can store these vitamins until they are needed.

Ex) fruits, vegetables, whole-grain breads, cereals, and fortified milk are best sources...

Minerals

- ▣ Strengthens the MUSCLES, BONES and TEETH.
- ▣ Enrich the BLOOD.
- ▣ Keep the HEART and other ORGANS operating properly.
- ▣ Calcium/Fluoride – Strong bones/teeth.
- ▣ Iron – building and strengthening red blood cells.
- ▣ Potassium/Sodium/Chloride help regulate the water balances in body tissues.

Minerals...

- ▣ What types of foods are sources of minerals???

FRUITS

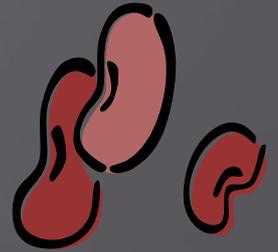


FISH



MEAT

DRY BEANS



MILK



SPINACH



Fats

- ▣ Source of energy, VITAMIN storage, BODY Insulation, and Keeps skin healthy.
- ▣ Food energy that is not used by the body, is stored as FAT.
- ▣ WHAT can be bad about that???
- ▣ Too much body fat puts stress on the skeleton and the heart – why fats should be eaten in small quantities...

What are FATS found in???



MEATS

CHEESE

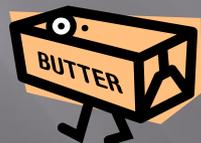


COOKING
OILS

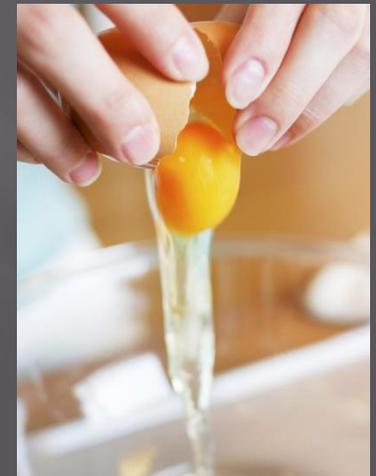


MOST SALAD
DRESSINGS

MARGERINE/
BUTTER



EGG YOLKS



Water

- ▣ Is essential to SURVIVE!!!!
- ▣ Helps break down food
- ▣ Carries nutrients throughout the body
- ▣ Removes wastes from the body
- ▣ Keeps the body at a comfortable temperature
- ▣ Birth – 75% body weight / Adulthood – 60% body weight

Water from foods???

▣ YES...

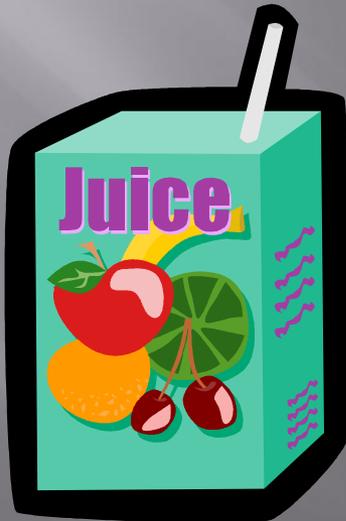
MILK



CELERY



FRUIT JUICES



CABBAGE



FRUITS



How many glasses of water a day should you drink???

