

Six Essential Nutrients

What is nutrition?

A nutrient is

Calories --

What is the recommended calories per day? _____

Carbohydrates

1 gram = _____

Protein

1 gram = _____

Fat

1 gram = _____

Carbohydrates --

Main function - _____

What are the 2 types of carbohydrates? Explain them? Give 3 examples/sources of each.

What is fiber? What's its role? What is the recommended intake?

Proteins --

What is the function of protein? What are the 2 types? Explain each of them. Give 3 sources of each type of protein.

Fats –

What are 3 functions of fats?

What are the 3 kinds of fats? Explain each and give at least 2 examples/sources of each type.

What is cholesterol? What can high cholesterol cause?

Vitamins –

What do they regulate? What are the 2 types of vitamins? Explain each? Name 2 examples/sources of each type.

Minerals –

What are the 3 roles of minerals? Name 3 examples of minerals and their sources.

Water –

What are the functions of water? What percentage of our bodies is water? What is the recommended intake?
