

## Nutrients and Beyond! The Six Nutrient Groups Notes (Key)

Complete each section with key points of the nutrient.

Nutrition	Water	Carbohydrates
<ul style="list-style-type: none"> <li>• The study of food components and their use by the body to sustain life and health</li> </ul>	<ul style="list-style-type: none"> <li>• Main component of many foods</li> <li>• Influences texture, appearance and taste of food</li> <li>• Maintains body temperature</li> <li>• Transports nutrients and waste</li> </ul>	<ul style="list-style-type: none"> <li>• Make up the bulk of the biomass in food</li> <li>• Major source of energy for humans</li> <li>• Provide reserve energy store for all living things</li> <li>• Form the vital structure of living cells</li> </ul>

Carbohydrates - Simple	Carbohydrates - Complex	Fats
<ul style="list-style-type: none"> <li>• Sugars</li> <li>• Monosaccharides                             <ul style="list-style-type: none"> <li>• Fructose</li> <li>• Glucose</li> <li>• Galactose</li> </ul> </li> <li>• Disaccharides                             <ul style="list-style-type: none"> <li>• Sucrose</li> <li>• Maltose</li> <li>• Lactose</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Also called polysaccharides or macromolecules</li> <li>• Types                             <ul style="list-style-type: none"> <li>• Starches</li> <li>• Cellulose</li> <li>• Carbohydrate gums and pectins</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Play an important role in food preparation and general health</li> <li>• Do have a place in a healthful diet</li> <li>• Key is to keep everything in balance</li> <li>• Lipids are insoluble in water and have a greasy feel                             <ul style="list-style-type: none"> <li>• Fats</li> <li>• Oils</li> <li>• shortening</li> </ul> </li> </ul>

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<p><b>Proteins</b></p> <ul style="list-style-type: none"> <li>• Complex molecules</li> <li>• Needed for:             <ul style="list-style-type: none"> <li>• growth and repair of body tissue</li> <li>• fighting disease</li> <li>• fluid and electrolyte balance</li> <li>• pH balance</li> <li>• regulating body functions</li> </ul> </li> </ul>	<p><b>Vitamins Fat-soluble</b></p> <ul style="list-style-type: none"> <li>• Vitamins A, D, E, K</li> <li>• Generally found in fats and oils in foods</li> <li>• Cannot be easily excreted</li> <li>• Stored in the liver or fatty tissues</li> </ul>	<p><b>Vitamins Water-soluble</b></p> <ul style="list-style-type: none"> <li>• B vitamins and vitamin C             <ul style="list-style-type: none"> <li>• B1 (Thiamin)</li> <li>• B2 (Riboflavin)</li> <li>• B3 (Niacin)</li> <li>• B6 (Pyridoxine)</li> <li>• Folate, folic acid, folacin</li> <li>• B12 (Cyanocobalamin)</li> <li>• Pantothenic acid</li> <li>• Biotin</li> <li>• Vitamin C (Ascorbic acid)</li> </ul> </li> </ul>
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<p><b>Major Minerals</b></p>
<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Phosphorus</li> <li>• Magnesium</li> <li>• Sodium, Chloride, and Potassium</li> </ul>

<p><b>Trace Minerals</b></p>
<ul style="list-style-type: none"> <li>• Iron</li> <li>• Iodine</li> <li>• Zinc</li> <li>• Fluoride</li> <li>• Copper</li> <li>• Manganese</li> <li>• Selenium</li> <li>• Chromium</li> </ul>