

The Nutrients in Food (Key)

Describe each of the nutrients.

Water

- essential to the body
- carries nutrients to the body cells and carries waste products away from the body cells
- lubricates the joints
- helps regulate body temperature and body processes

Water-Soluble Vitamins

- dissolve in water and pass easily into the bloodstream during digestion
- Vitamin C (ascorbic acid), Thiamin (vitamin B1), Riboflavin (vitamin B2), Niacin (vitamin B3), Vitamin B6 (pyridoxine), Folate (folacin, folic acid, vitamin B9), Vitamin B12 (cobalamin), Pantothenic acid (vitamin B5), Biotin (vitamin H)

Fast-Soluble Vitamins

- are absorbed and transported by fat
- Vitamin A, Vitamin E, Vitamin D, Vitamin K

Carbohydrates

- the body's main source of energy and are found mostly in plant foods such as fruits, vegetables, grain products, dry beans, nuts, and seeds
- Sugars: Simple Carbohydrates, Starches: Complex Carbohydrates, Dietary Fiber

Proteins

- help body grow and repair itself
- found in animal products including meat, poultry, fish, eggs, and dairy products as well as plant foods such as dry beans and peas, nuts, vegetables, and grain products

Minerals

- part of the body in bones in teeth
- Major Minerals - Calcium, Phosphorus, Magnesium, Sodium (Electrolyte), Chloride (Electrolyte), Potassium (Electrolyte)
- Trace Minerals - Iron, Zinc, Copper, Iodine, Selenium, Fluoride

Fats

- Provides energy
- Gives food flavor and texture
- Saturated Fat
- Unsaturated Fat
- Trans Fat