

# Feb 12, 2020

## 1) 6 Major Nutrients



### Warm-Up



% of the fat intake Canadians consume comes from items such as pizza, sandwiches, hamburgers and hot dogs.

**Test Tuesday on Wellness!!**

Your body is a machine that needs fuel.

We need to think as food as fuel for our body.

This fuel should have the 6 major nutrients

carbohydrates

proteins

fats

vitamins

minerals

water

## Carbohydrates

Carbohydrates are the major source of energy for our body. They should be 45 to 65 % of our daily calorie intake.

Choose more complex carbohydrates (potatoes, rice, whole grains, beans, vegetables) and less simple carbohydrates (sucrose, fructose, corn syrup, molasses, honey). Some simple carbohydrates are good those that come naturally from fruit and milk, but we want to limit the added sugars that come from soft drinks, cakes, cookies, pies, candy etc.

# Proteins



Protein is used to build and repair tissue, maintain chemical balance, and regulate the forming of hormones, antibodies and enzymes.

You can determine your daily protein need in grams by taking your weight x 0.36

Most people meet or exceed their need for protein daily.

Sources of protein are meat, fish, chicken, eggs, milk, beans, pasta, rice etc

# Fats



See Table 11-3 for an explanation and examples of each type of fat

# Vitamins



They are vital to life but only required in small doses.

There are two categories

Fat-Soluble = Vitamins A,D,E and K

Water-Soluble = Vitamin C and the B complex

# Minerals

There are two types

Macrominerals : needed in large doses

i.e. calcium, phosphorous, magnesium, potassium, sodium

microminerals

Trace Minerals : needed in small doses

i.e. iron, zinc, copper, iodine, fluoride, selenium

# Water

Often called the forgotten nutrient. However is it the most important nutrient because it is the transport system for the rest of the nutrients to move around your body.

How much water do you think you should drink in a day?

