**Nutrition Fill-In Notes**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is any substance that is ingested (“\_\_\_\_\_\_\_\_\_\_”) and sustains \_\_\_\_\_\_\_\_\_\_\_
* Food is usually grouped into the following categories:

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Food contains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that perform several different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_within the body

|  |  |  |
| --- | --- | --- |
| Nutrient | Function | Food |
| Carbohydrate |  |  |
| Protein |  |  |
| Fat |  |  |
| Vitamins, Minerals, Fiber and Water |  |  |

Carbohydrates

* Main source of energy
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + 1-2 sugar molecules connected together. (Digested quickly)
  + Pop, candy, honey, sweets, fruit
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + 3+ sugar molecules connected together. (Longer to digest)
  + Legumes, Grains, Vegetables

Protein

* Composed of chains of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Used in growth and repair of tissues.

Fats

* Second source of energy (energy storage)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Animal sources (solid at room temperature)
  + Linked to increased cholesterol levels
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Vegetable sources (Liquid at room temperature)
  + Linked to reduced cholesterol levels

Vitamins

* Nutrients that are essential to all bodily functions
* Regulate metabolism (chemical reactions that take place in the body, needed to live

Minerals

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in food that are essential to life processes.
  + e.g. Calcium, Potassium, Sodium, Phosphorus, Iron

Water

* approximately 60% of body-weight
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Energy Needs

* Every individual has his or her energy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- energy needed by the body to when \_\_\_\_\_\_\_\_\_\_\_ (heart, respiration, cellular activity).
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – walking, running, moving
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - breaking down food
* Determined by:
  + Age
  + Sex
  + Weight
  + Level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Overall state of \_\_\_\_\_\_\_\_\_\_\_

Energy Units

* SI unit = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* More common = dietary calorie (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = 4000 J OR 4 kilojoules (kJ)

Average Teenager Energy Needs

* Avg teen girl requires between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cal / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ per day
* Avg teen boy requires between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cal / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ per day

Energy Value of Foods:

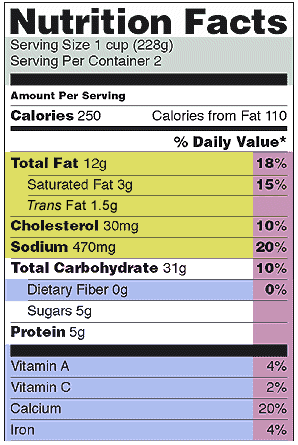
Carbohydrates \_\_\_\_\_\_ cal/g \_\_\_\_\_\_ KJ/g

Protein \_\_\_\_\_\_ cal/g \_\_\_\_\_\_ KJ/g

Alcohol \_\_\_\_\_\_ cal/g \_\_\_\_\_\_ KJ/g

Fats \_\_\_\_\_\_ cal/g \_\_\_\_\_\_ KJ/g

Reading Nutrition Labels:



How much energy will I get from the food above?