

NUTRITION



Carbohydrate

Carbon—hydrogen—oxygen

- Should make up 1/3 diet
- Monosaccharides, disaccharides, polysaccharides
- 1g Carb = 3.75 Kcal
- Sugar is a carb



Protein

- HBV: Animal
- LBV: Plant
- Made up of Amino acids
- Complimentary proteins = combining LBV to make HBV
- 1g protein = 4 Kcal



Fat

- Saturated: Animal
- Unsaturated: Plant
- Trans-fats are unhealthy
- 1g fat = 9 Kcal

NUTRIENTS:

MACRONUTRIENTS—NEEDED IN LARGE AMOUNTS (GRAMS)

PROTEIN—FAT—CARBOHYDRATE—WATER—FIBRE

MICRONUTRIENTS—NEED IN SMALL AMOUNT (MICROGRAMS)

VITAMINS—MINERALS—TRACE ELEMENTS

Calcium	Dairy, green veg, nuts	Healthy Bones and Teeth
Iron	Red meat, beans, nuts, green veg	Healthy red blood cells, carry oxygen around body
Sodium	Salt	Balanced body fluids
Iodine	Water, fish, tea	Preventing tooth decay

PROTEIN	Energy, growth, repair	Meat, fish, eggs, beans, nuts
CARBOHYDRATE	Energy	Fruit, vegetables, cereals
FAT	Energy, insulation,	Oil, butter, dairy, meat



Sugar is an empty calorie

It contain no nutritional value other than energy

Too much fat?

- CHD, obesity, type 2 diabetes,

Too much sugar?

- Obesity, type 2 diabetes, tooth decay



Vitamin A (fat)	Dairy, eggs. Leafy veg	Helps see in dim light
Vitamin D (fat)	Oily fish, eggs, sunlight	Healthy bones and teeth
Vitamin E (fat)	Plant oil, nuts, seeds	Healthy skin and eyes
Vitamin K (fat)	Green veg, cereals	Blood clotting, wound healing
Vitamin B1 (water)	Eggs, peas, fortified cereals	Energy release, nervous system
Vitamin B2 (water)	Milk, eggs, rice	Energy release, nervous system
Vitamin B3 (water)	Meat. Fish, eggs	Energy release, nervous system
Vitamin B5 (water)	Meat, potatoes, whole grains	Energy release
Vitamin B6 (water)	Red meat, dairy. Nuts	Nerve and brain development
Vitamin B7 (water)	Milk, vegetables, nuts	Energy release (protein)
Vitamin B9 (water)	Milk, broccoli, cereals	Healthy red blood cells
Vitamin B12 (water)	Meat, eggs, cheese	Healthy red blood cells, energy release
Vitamin C (water)	Citrus, sprouts, green veg	Fights infection

Fibre

- Insoluble: passes through unchanged, helps remove waste and prevent digestive problems
- Soluble: broken down, helps reduce cholesterol and prevent CHD,



Water

- Dehydrated? Thirst, hunger, headache
- 6—8 glasses a day
- Helps with transporting nutrients, removing waste, regulating body temp