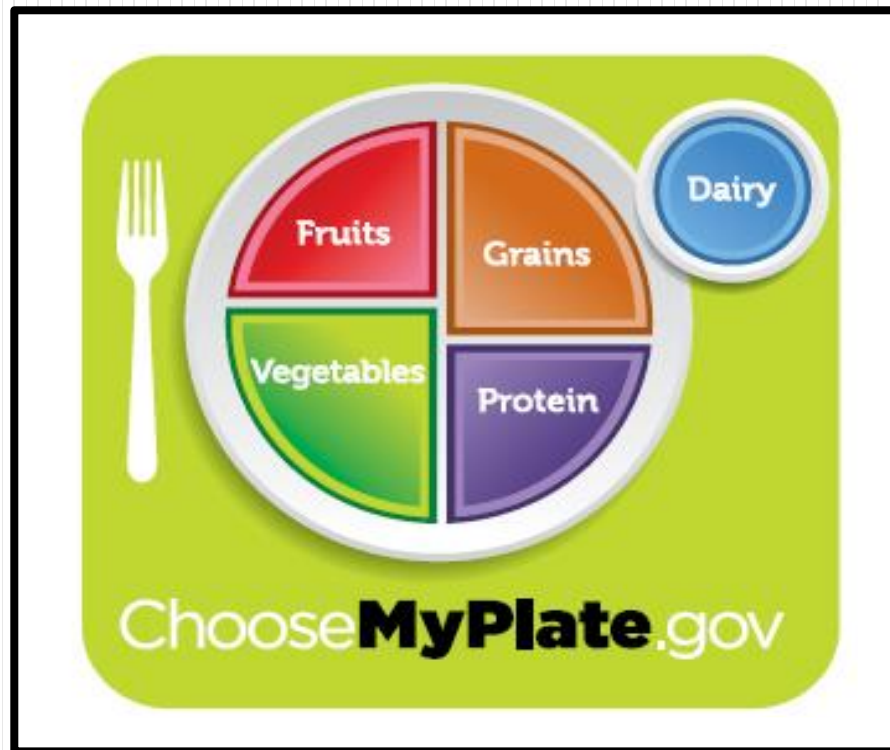


# The Six Basic Nutrients



# What is a Nutrient?

1. **Substances found in food that are essential for growth and energy**
  
2. **There are SIX basic essential nutrients:**
  - a. **Carbohydrates**
  - b. **Protein**
  - c. **Fat**
  - d. **Vitamins**
  - e. **Minerals**
  - f. **Water**



# Carbohydrates

1. Main Function: To provide our bodies with energy
2. Healthy Food Sources: whole grains, cereals, beans, rice, pasta



# Protein

1. **Main Function: To build and repair body tissues**
2. **Healthy Food Sources: meat, poultry, eggs, seafood, milk/milk products, cheese , nuts/seeds**



# Fat

1. **Main Functions:** Provides “back-up” energy, protects internal organs, promotes healthy skin, carries vitamins through the body
2. **Healthy Food Sources:** olive oil, canola oil, avocados, olives, flaxseed, nuts, tofu, fatty fish (salmon, tuna, trout)



# Vitamins

1. **Main Functions: To regulate body functions (nerves, muscles and skin functions)**
2. **Healthy Food Sources: Fruits and vegetables (especially red, orange and dark green), enriched grains, dairy products**



# Minerals

1. **Main Functions: To regulate body functions (strong bones and teeth, maintaining fluid balance in the body)**
2. **Healthy Food Sources: Fruits and vegetables (especially red, orange and dark green), dairy products, animal products**



# Water

1. **Main Functions:** Prevents dehydration, carries vitamins through the body, carries waste products out of the body, regulates body temperature
2. **Healthy Food Sources:** Water

