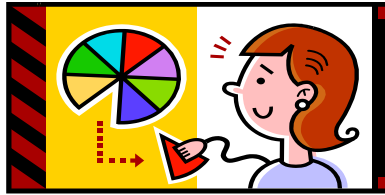


## Six Classes of Nutrients-KEY



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

Complete each section as they are discussed in class.

### 1. CARBOHYDRATES

Types	1. Simple	2. Complex
Sub-Types	A. Sugar	A. Starch B. Dietary Fiber
Functions: Provides main source of energy; helps body digest fats.		
Food Sources: Fruits, vegetables, bread, pasta, honey, table sugar, etc.		

### 2. FATS

Types	1. Fatty Acids	2. Cholesterol
Sub-Types	A. Saturated B. Polyunsaturated C. Monounsaturated	A. LDL B. HDL
Functions: Source of energy; protects vital organs and insulates the body.		
Food Sources: Cheese, butter, meat, nuts, dressings, chocolate, etc.		

### 3. PROTEIN

Types	1. Complete	2. Incomplete
Sub-Types	A. Contains adequate amounts of all the essential amino acids	A. Lacks some amino acids
Functions: Builds and repairs body tissues.		
Food Sources: Meat, milk, eggs, fish, nuts, legumes		

#### 4. VITAMINS

Types	1. Fat-Soluble	2. Water Soluble	
Sub-Types	A. Vitamin A B. Vitamin D C. Vitamin E D. Vitamin K	A. Vitamin C B. Thiamine C. Niacin D. Riboflavin	E. B6 F. B12 G. Folacin
Functions: Assist the body in biochemical reactions to maintain life.			
Food Sources: Almost all foods, but mainly fruits and vegetables			

#### 5. MINERALS

Types	1. Macrominerals	2. Trace Minerals	
Sub-Types	A. Calcium B. Phosphorus C. Sodium D. Potassium	A. Iron B. Zinc C. Fluorine D. Copper	E. Iodine F. Selenium
Functions: They work to become part of the body structure.			
Food Sources: Most foods, but especially in fruits and vegetables.			

#### 6. WATER

Types: N/A
Functions: Essential for life. Aids in digestion and cell growth, lubricates the joints, and facilitates chemical reactions
Food Sources: Liquids, most foods, mainly fruits and vegetables, water and milk