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| Why do we need food?What are nutrients?What are the 6 types of nutrients?How much energy do you need?What are carbohydrates?What are simple carbs?What are complex carbs?What do nutritionists recommend? What are fats?What are the kinds of fats?What is cholesterol?How much fat do nutritionists recommend?What are proteins?What are amino acids?What is a complete protein?What are vitamins?Why are vitamins important?Why are minerals important?Why is water important?What are the guidelines for healthy diet? | You need food because it provides energy, repairs tissues, and helps your body maintain homeostasis. Nutrients are substances in food that provide energy1. Carbohydrates (carbs)2. Fats3. Protein4. Vitamins5. Minerals6. WaterYou need to eat a certain amount of calories to meet your body’s needs. Your energy needs depend on your level of activity.Carbs are a type of nutrients made of hydrogen, oxygen, and carbon that make cell parts.Simple carbs are sugars, like glucose. Complex carbs are made up of many sugar molecules linked together in a chain. They are harder to digest than simple carbs.Nutritionists recommend 45-65% of your calories come from complex carbs. Fats are energy containing nutrients made of carbon, oxygen, and hydrogen that form boundaries of cells.1. Unsaturated- liquid at room temperature (olive oil)2. Saturated- solid at room temperature (butter)3. Trans- made by manufacturers (margarine)Cholesterol is a waxy, fatlike substance found in animal products. No more than 30% of calories should be fats.Proteins are nutrients that contain carbon, hydrogen, and oxygen that are needed for tissue growth/repair.Amino acids are small molecules that link together to make proteins.Complete proteins contain all essential amino acids (meat/eggs). Incomplete proteins lack amino acids (beans, grains, nuts, etc.)Vitamins are molecules that help a variety of chemical reactions in the body.Vitamins are important to stay healthy. Ex) lack of vitamin C (found in citrus fruits) leads to scurvy (arrgh)Minerals are needed to carry out chemical processes.Water is important because body processes take place in water.1. Stay active2. Know your food groups3. Balance your diet4. Know your calorie needs |

Summary: