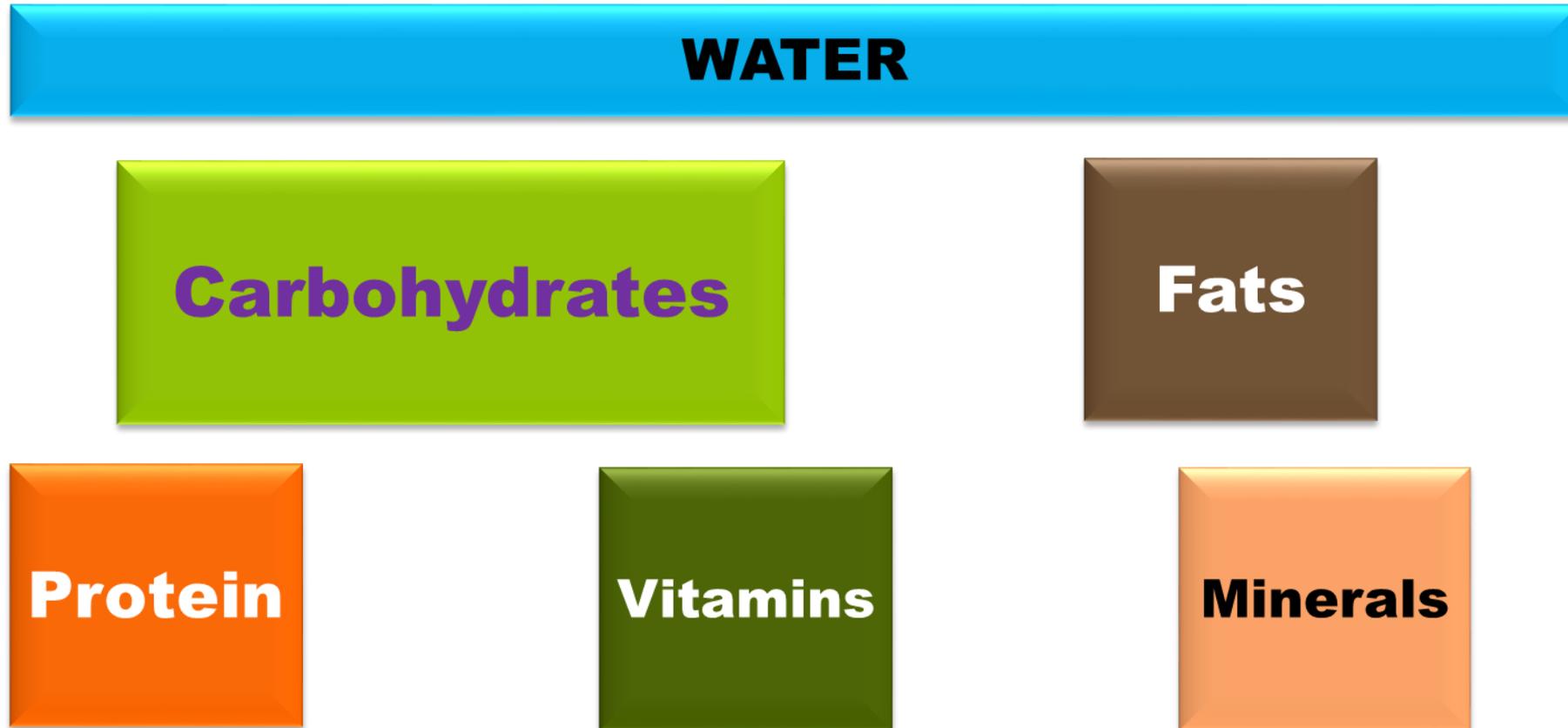


The 6 Essential Nutrients

What You Need to Know!



“Essential” Nutrients

Nutrients are substances we need for our nutrition.

Essential nutrients are such substances we can only get from food because our bodies cannot produce them on their own.

For example, your body can't just decide: ,Hey, I need some calcium so I'm going to make it!'

You have to eat something that contains calcium in order to have it in your body.

Key Nutrient: Water

Function:

- Aids digestion
- Facilitates chemical reactions
- Lubricates joints and cells
- Regulates body temperature
- Transporting nutrients

WATER is the most important of all the nutrients because we CANNOT survive long without it!



Sources:

- Drinks
- Fresh fruits

Carbohydrates

Function:

Supply the energy (1 gram = 4 calories)

Provide fiber

Help the body digest fats



Sources:

honey, jam, candies,
table sugar
fruits, vegetables,
whole grains, bread,
cereal, pasta

Fats

Function:

Supply energy (1 gram = 9 calories)

Carry fat-soluble vitamins A, D, E, K

Insulate the body

Protect organs

Provide essential fatty acids



Sources:

- Saturated fats: dairy products, meat, lard, coconut and palm oils
- Unsaturated fats: fish, nuts, vegetable oils

Proteins

Functions:

Build and repair muscles and cell tissues

Help the body make important substances

Regulate body processes

Supply energy (1 gram = 4 calories)



Sources:

Complete proteins:

dairy products, eggs, fish, meat and poultry.

Incomplete proteins:

beans, grains and nuts.



Vitamins



Vitamins are divided into two main groups.

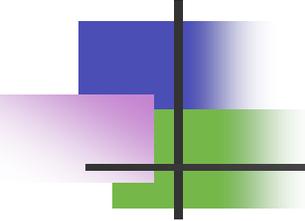
Fat-soluble vitamins (A, D, E, K) - are stored in fatty tissues of the body

Water-soluble vitamins (B group, C) - are not stored in the body

Function:

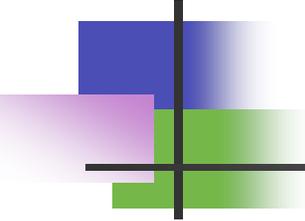
Vitamins are a group of substances that are needed for normal cell function, growth, and development.





Fat-Soluble Vitamins

Nutrient	Functions	Sources
Vitamin A	Keeps skin healthy Prevents night blindness Promotes growth	Butter, dark green and yellow fruits and vegetables, egg yolk, liver, milk
Vitamin D	Builds strong bones and teeth	Egg yolk; butter, margarine, and milk; the sun
Vitamin E	Acts as an antioxidant to protect cell membranes	Eggs, liver, salad oils, whole grain cereals
Vitamin K	Helps blood clot	Cauliflower, egg yolk, meats



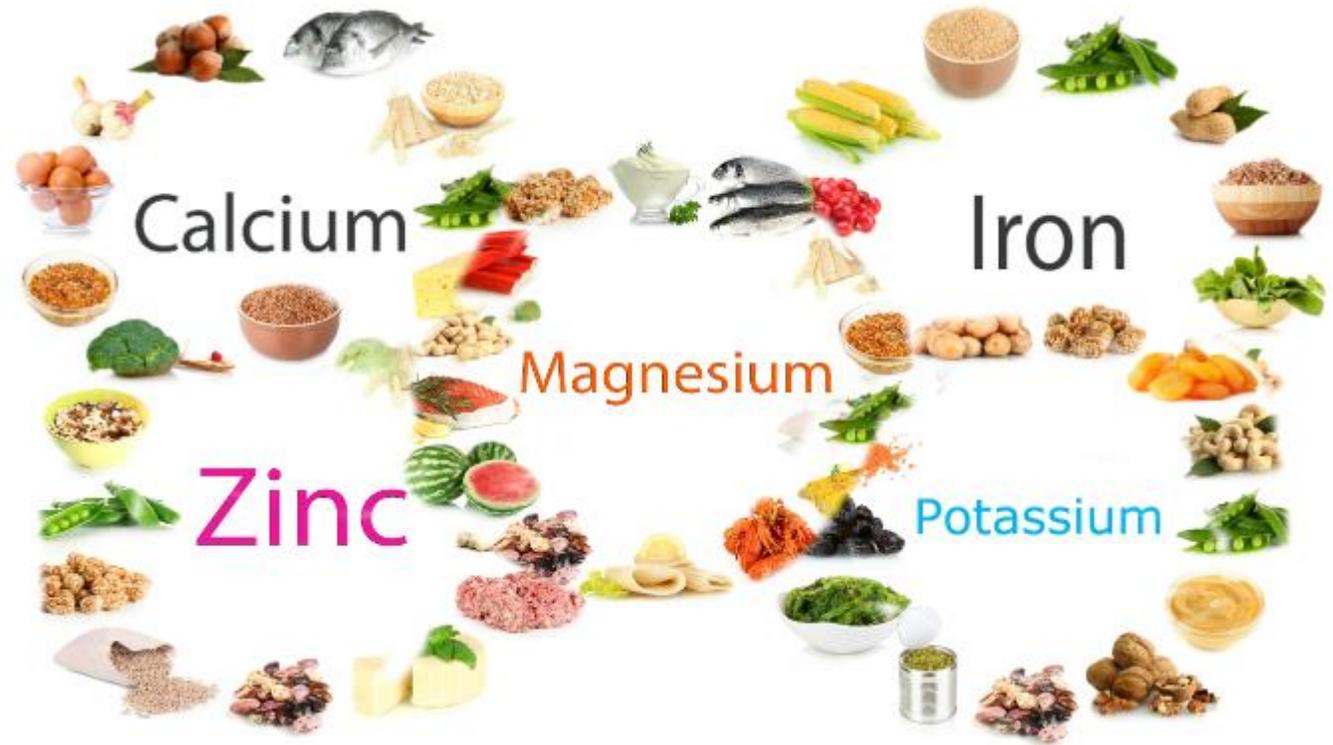
Water-Soluble Vitamins

Nutrient	Functions	Sources
B-Complex	Helps wounds heal Helps fight infection Helps nervous tissue function healthy Plays important role in breakdown of proteins fats and carbohydrates	Oranges, grapefruits, broccoli, citrus fruits, tomatoes and raw cabbage
Vitamin C (ascorbic acid)	Keeps nervous system healthy Releases energy from food Helps promote healthy gums and tissues	Pork, whole grain breads and cereals

Minerals

Function:

- maintain healthy skin, hair, nails, bones
- balance water levels
- support the immune system
- support healthy blood pressure



Sources:

Vegetables, fruits, nuts and seeds, red meat, milk and dairy products, eggs, whole grains

Summary:

People need to consume all six types of essential nutrients to ensure the best possible health. These nutrients support vital functions, including growth, the immune system, the central nervous system, and preventing disease.



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