

NUTRITION

What Is Nutrition?

-The study of how your body uses the food that you eat.



The six Classifications of Nutrients

- ❖ Vitamins
- ❖ Minerals
- ❖ Water
- ❖ Protein
- ❖ Carbohydrates
 - Sugars
 - Starches
 - Cellulose
- ❖ Fats

Definition of a Calorie:

o A unit of measure for energy in food



Nutrients that have Calories:

- ✓ **Proteins**
- ✓ **Carbohydrates**
- ✓ **Fats**



Variables which affect nutrient needs

1. Age
2. Gender
3. Activity Level
4. Climate
5. Health
6. State of nutrition

