NUTRITION NOTES

1. SIX TYPES OF NUTRIENTS ARE:
 *-Fat
 -Carbohydrates
 -Protein
 -Vitamins
 -Minerals
 -Water*

A. **CARBOHYDRATES**: \_\_4\_ Calories/gram; Found in foods such as \_\_fruit\_\_, \_\_\_milk\_\_,

\_\_\_cookies\_\_, \_\_\_potatoes\_\_\_, \_\_\_\_\_pasta\_\_\_ and many more.
 (Eating more than used = stored fat)

1. **SIMPLE SUGARS**:

Glucose - \_\_\_\_\_\_blood sugar\_\_\_\_\_\_\_

Fructose - \_\_\_\_\_\_\_fruit sugar\_\_\_\_\_\_\_

Lactose - \_\_\_\_\_\_Milk sugar\_\_\_\_\_\_\_\_

Sucrose - \_\_\_\_Refined sugar\_\_\_(No nutrients)

1. **COMPLEX SUGARS:**

\*Starches, Glycogen (Stored glucose in muscle), Fiber

Soluble Fiber: Absorbs water in intestine to prevent constipation and traps bad cholesterol for excretion

Examples: *Oatmeal, apples, beans, some veggies*

Insoluble Fiber: Add bulk to excretement

Examples: *stringy parts of fruits and fruit and vegetable skins, whole grains)*

\*Refining of grains results in a food lower in fiber and nutrients

For Example: *White bread and white rice*

B. **FATS**: \_\_\_9\_\_ Calories/gram;

1. WHY DO WE NEED IT?
-To cushion organs -Help you to feel full
-Keep body temperature stable -Add to taste & texture of foods
-Make cell membranes
-Make hormones
2. WHY DON’T WE NEED IT?

\*Too many saturated and trans fats can lead to \_weight gain\_ and \_clogged arteries\_\_.

1. **SATURATED FATS:**

-Most are \_\_\_solid\_\_\_\_ at room temperature

-Most come from \_\_\_\_animal\_\_\_\_ foods such as meat & milk

-Also come from: \_\_\_\_\_vegetable oils\_\_\_\_\_\_, including coconut and palm oils

1. **UNSATURATED FATS:** (Healthier Fats!)

-Tend to be \_\_\_\_\_\_liquid\_\_\_ at room temperature

-More common in \_\_\_\_\_plant\_\_\_\_ foods.

1. **TRANS FATS:**-\_\_\_\_processed\_\_\_ unsaturated fats (Solid at room temp.)

-Higher melting point; Often used for \_\_\_\_baking\_\_\_\_\_

-Longer shelf life (Hydrogenated peanut butter, many baking ingredients)

1. **CHOLESTEROL**: Found in \_\_\_\_human\_\_\_ and \_\_\_\_animal\_\_ tissues. Used to make Vitamin \_\_D\_\_ from strong bones, cell membranes, certain hormones and bile.

Body cholesterol - \_\_95%\_ Produced by the \_\_liver\_\_

\_\_\_\_HDL\_\_\_– Good Cholesterol

\_\_\_\_LDL\_\_\_\_\_ - Bad Cholesterol

Too many saturated fats will increases amount of LDL in the body. Exercise promotes production of HDL which “eat up” LDL in the bloodstream.

C. **PROTEIN:** \_\_4\_Calories/gram; Beneficial to \_\_\_muscle\_\_, \_\_\_skin\_\_\_, \_\_\_hair\_\_\_, and \_\_\_nails\_\_\_\_.

Helps build new \_\_\_cells\_\_ and repair old cells. Needed for hormones, enzymes, and antibodies. (More than needed can convert into fat.)

1. **COMPLETE PROTEINS**:
-From \_\_\_\_\_\_animal\_\_\_\_\_ proteins such as meat, eggs, dairy
2. **INCOMPLETE PROTEINS**:
-From \_\_\_\_\_\_\_plant\_\_\_ proteins, legumes (alfalfa, beans, nuts), and grains
-Grains and nuts (ex: PB & J sandwich) combine to be \_\_\_complete\_\_\_ proteins.