Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **6 major Nutrients** | Importance to the Body | Where do you get it from… what foods do you get it from? |
| **Water** | **- serves as the body’s transportation system**  -**a lubricant**  -**participates in the body’s biochemical reactions**  -**regulates body temperature.** | Drinking water, drinks, fruit, vegetables, soups |
| **Carbohydrates** |  |  |
| Starch |  |  |
| Fiber |  |  |
| Sugars |  |  |
| **Fats** |  |  |
| **Protein** |  |  |
| Essential Amino Acids |  |  |
| **Minerals** |  |  |
| Calcium |  |  |
| Iron |  |  |
| Electrolytes |  |  |
| **Vitamins** |  |  |
| Fat Soluble |  |  |
| *Vitamin A* |  |  |
| *Vitamin B* |  |  |
| Water Soluble |  |  |
| *Vitamin C* |  |  |
| *Folate* |  |  |
| *Thiamin* |  |  |