

ESSENTIAL NUTRIENTS

<http://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>

Define Nutrient:

There are 6 nutrients: use the link above to complete the chart.

1:

- Function:
- Examples:

2:

- Function:
- Examples:

3:

- Function:
- Examples:

4:

- Function:
- Examples:

5:

- Function:
- Examples:

6:

- Function:
- Examples:

NUTRIENTS VIDEO

[YOUTUBE CLIP: Essential Nutrients](#)

<https://www.youtube.com/watch?v=CiOBhgxdhYo>

What is the major source of energy for the body?	
What are the two types of Carbohydrates?	
Name a “healthy” simple sugar	
Name a “non-healthy” simple sugar	
Another name for a complex carbohydrate is	
What is HDL? <u>https://www.cdc.gov/cholesterol/ldl_hdl.htm</u>	
What is LDL? Use above link	

	What does the below do for your body?				Where is it found? Examples?			
Proteins								
Vitamin A								
Vitamin C								
Calcium								
Iron								
Fats 3 types								

How much of your body is made up of water?	
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Where do you get the majority of the water that you intake daily

FOOD LABELS

How to read a Nutrition Facts label? Click on the link below and answer the following:

<https://choosemyplate-prod.azureedge.net/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf>

What does a food label make easy?	
What should you strive for each day?	
Always include!	
Choose foods low in the following:	
Regular physical activity is important for	

Using both the link above and the one below this line, answer the following questions on food labels

https://www.move.va.gov/docs/NewHandouts/Nutrition/N10_HowToReadAFoodNutritionLabel.pdf



Nutrition Facts		
Serving Size 1 cup (32g)		
Servings Per Container about 9		
Amount Per Serving		with 1/2 cup skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 180mg	7%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 1g	5%	5%
Sugars 10g		
Other Carbohydrate 16g		
Protein 1g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	6%	15%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 140mg sodium, 250mg potassium, 53g total carbohydrate (18g sugars), and 6g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Bran Oil, Salt, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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Exchange: 1 1/2 Starch

Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2008 the American Dietetic Association, the American Diabetes Association.

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

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How many calories are in a serving without milk?	
How many carbohydrates are you eating?	
What is the serving size?	
How many calories from protein?	

What is the main ingredient/where found?	
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CALORIES

<https://www.youtube.com/watch?v=U4W78cnN0OU>

What is a calorie	
How is it described	

1. How many calories are in one gallon of car fuel?

2. How many miles would you go on one calorie?

3. How many calories do the following contain and converting grams to calories?

<http://healthyeating.sfgate.com/convert-fat-grams-calories-5127.html>

	Calories per gram
Proteins	
Carbohydrates	
Fat	

Example or fat	Cal/gram	Total Cal
12 grams X		=
7 grams X		=
3 grams X		=

4. How do we use our calories?

5. Where do un-used calories go?

6. What happens when fat cells grow?

7. For every gram of fat, there are how many calories