

Benefits of Nutrition

A. Nutrients

Definition =

B. Six Classes of Nutrients

1)

2)

3)

4)

5)

6)

C. Malnutrition

Definition =

1) Undernutrition

a)

2) Overnutrition

a)

Energy from Food

A. Energy =

1) Sources

a) carbohydrates -

b) fat –

. c) protein –

*) alcohol -

2) Calories

Definition =

It is how much energy in food can be stored as body fat.

a) carbs = ____ calories per gram

b) fat = ____ calories per gram

c) protein = ____ calories per gram

*) alcohol = ____ calories per gram

B. Storing Energy

1) Glucose – turned to glycogen and stored in liver and muscles

2) Fat – extra glucose is changed to fat by liver and stored