

The Carbohydrates

A. Starch

- 1) main carbohydrate found in vegetables and grains
- 2) chief energy source around the world
- 3) whole grain bread, potatoes, whole grain cereal good sources

B. Fiber

- 1) Not digestible by human beings, so no calories
- 2) Maintains health of digestive tract
- 3) Most people need more in diet
- 4) from plant foods, not animal foods

C. Sugars

- 1) Glucose – body's fuel
- 2) Fructose – fruits and honey
- 3) Sucrose – table sugar
- 4) Lactose – milk sugar

*)empty calories – foods high in energy, low in nutrients (alcohol, soda)

****) carbs. should make up 55% of calories**

The Fats

A. Forms of fat

- 1) Saturated
 - a) animal sources (meat, butter, cream)
- 2) Unsaturated
 - a) vegetable oils (corn, canola, olive)
 - b) Polyunsaturated – type of unsaturated fat – replacement for saturated
- 3) Cholesterol
 - a) essential for health of cell
 - b) too much could lead to heart/artery disease
- 3) Trans fat
 - a) hydrogen added to vegetable oils
 - b) clogs arteries, increases 'bad' cholesterol = very unhealthy
 - c) found in margarine, snacks

****) Fats should make up 30% of total calories**

Protein

A. Amino acids

- 1) set of 20
- 2) body make some of these acids
- 3) essential amino acids = amino acids body can not make
 - a) must get them from food
 - 1) meats, fish, poultry, eggs, cheese, and milk
 - 2) beans and grains

B. Lack of protein

- 1) body loses lean tissue
- 2) immune system weakened
- **) make up 15% of calories