

Vitamins

A. Function

- 1) help release energy from carbs, fats, and protein
- 2) help other body processes

B. Classes of Vitamins

- 1) Fat soluble
 - dissolve in body fats, remain in body
 - * can build to dangerous levels
- 2) Water soluble
 - leave body often, must replace

C. Vitamin A

- 1) Function – sight, fight body infections, skin
- 2) Deficiency – night blindness, dry skin, slow growth
- 3) Source – Dairy
- 4) Fat soluble

D. Thiamin

- 1) Function – help body use energy
- 2) Deficiency – loss of muscle tissue, swelling, enlarged heart
- 3) Source – 16 servings of nutritious foods
- 4) Water soluble

E. Antioxidants

- 1) Function –
- 2) Sources –

Minerals

A. Definition/function

- elements of the earth needed in diet, perform many functions in body tissues.

B. Calcium

- 1) most abundant mineral in body
- 2) stored in bones and teeth
- 3) sources – milk and milk products
- 4) deficiency – osteoporosis

C. Iron

- 1) present in every cell
- 2) carries oxygen from lungs to tissue
- 3) sources – meats, poultry, fish, beans
- 4) deficiency – anemia

D. Electrolytes

- 1) made of sodium, chloride, potassium
- 2) carry electrical charges, keep balance of fluids
- 3) source – salt
- 4) deficiency – medical emergency

E. Water

- 1) 60% body weight is water
- 2) carries nutrients, oxygen, wastes
- 3) lose 6 –8 cups a day
- 4) live only a few days w/o water