

Nutrition Key Terms

I. 6 essential nutrients:

1. Carbohydrates - a common source of energy in living organisms
2. Protein - helps build up, keep up and replace the cells and tissues of your body.
3. Water - helps regulate body temperature and electrolyte balance - critical for survival.
4. Vitamins - required by our bodies in small amounts.
5. Minerals - originate from rocks/soil, our bodies require small amounts
6. Fats - Unsaturated = good fat that is typically liquid at room temperature
Saturated = bad fat that is typically solid at room temperature

Cholesterol - A waxy fat that builds up in arteries if eaten in excess

Soluble - Something that dissolves when put into water

Fiber - Cannot be fully broken down by digestive enzymes. It helps to keep digestive system clean.

Calorie - A measurement of how much energy you get from a serving of a particular food.

Empty Calorie - A food that provides energy but does not have any nutritional value.

Example: Sugar

Deficiency - being low in a particular essential nutrient

II. My Plate - 5 sections

1. Vegetables
2. Fruits
3. Grains
4. Proteins
5. Water/Dairy

Myplate - Shows serving sizes of foods that you should be eating at each meal

III. Superfoods

Superfoods - Foods that typically come from plants, fish, or dairy that are nutritionally dense and very good for your health

Examples of Superfoods: Blueberries, Spinach, Apples, Dark Chocolate, Goji Berries, Avocado, Tomatoes, Bell Peppers.

IV. Portions

Serving size - an amount of a particular food used as a reference

Recommended Daily intake of Calories - 1500 - 2200

Obesity - The state of being excessively overweight