

Name: _____

Date: _____

Macronutrients

“Macro” = big. Macronutrients include carbohydrates, fats, and proteins. They provide our bodies with energy for growth and activity (e.g., eating a chicken breast would give your body protein, helping to repair muscles; eating whole-wheat spaghetti noodles would give your body carbohydrates to provide energy).

Carbohydrates are the body’s main source of energy.

- An important form of this nutrient is dietary fibre.
- Insoluble fibre promotes regular bowel movements and may lower the risk of colon cancer.
- Soluble fibre may reduce blood cholesterol levels.

Fats are a source of energy.

- Moderate amounts are needed to perform important body functions such as transporting nutrients.
- Essential fatty acids promote healthy skin and normal cell growth, and carry vitamins A, D, E and K to where they are needed.
- Body fat is built in part from nutrient fats. It acts as a cushion to protect the heart, liver and other vital organs.
- Fats add flavour to food.
- Fats help you feel full longer.

Proteins are a source of energy.

- Proteins help build, repair and maintain body tissue.
- They help the body grow.
- They play a major role in fighting disease.

Micronutrients

“Micro” = small. Micronutrients are the vitamins and minerals in our food. They help regulate body functions such as vision, healing and muscle movement.

Vitamins regulate vital body processes.

- They help carbohydrates, fats and proteins do their job.
- They keep body tissues healthy.
- They protect body cells and the immune system from harmful chemicals.
- They may protect against illnesses such as heart disease and cancer.
- They help prevent birth defects.

Minerals help the body function.

- They help build body cells and tissue.
- They build strong bones and teeth.
- They prevent osteoporosis.

Water

Water is essential to life.

- Water maintains normal body temperature.
- It is a medium for transport with the body by supplying nutrients and removing waste.
- It makes up 50 – 60% of the body. (A person can live only a few days without water but may be able to live for weeks without food.)