Answer the following questions for each nutrient:

1. Why do we need the nutrient?
2. What foods can we get the nutrient from?
3. Health concerns due to deficiencies and/or excesses?

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| 1. Carbohydrates   Provides main source of energy, prevents breakdown of muscle protein, provides raw materials for cells/tissues  grains, bread, cereal, pasta, rice,  crackers, some fruits/vegetables  Overdose: diabetes  Deficiency: fatigue, weakness | 1. Fat and Oils   Source of stored energy, insulation,  structure of cell membrane, protects  organs  meats, dairy, butter, corn oil, olive oil,  avocado, fish, nuts  Overdose: heart disease, HBP  Deficiency: fatigue |
| 1. Proteins   Builds/repairs tissues (muscle, bone, blood), part of structure of cell membrane, secondary source of energy  meats, dairy, grains, nuts, eggs,  beans, tofu  Overdose: weight gain  Deficiency: muscle loss, hair loss | 1. Vitamins   Helper molecules – assists other nutrients in doing their jobs (growth, organ function, digestion, waste management, immune system function)  grains, fruits, vegetables, dairy,  meats (protein sources)  Overdose: liver or kidney damage  Deficiency: nerve and brain damage |
| 1. Minerals   Helper molecules – assists other nutrients in doing their jobs (growth, organ function, digestion, waste management, immune system function)  grains, fruits, vegetables, dairy,  meats (protein sources)  Overdose: nausea, cramps  Deficiency: weak bones | 1. Water   Chemical reactions take place in water, blood volume, create/process waste, regulation of body temperature  fruits, vegetables, drinks (water, juice, milk, soda)  Overdose: low salt level in blood  Deficiency: low blood volume |