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/tissuesgrains, bread, cereal, pasta, rice,crackers, some fruits/vegetablesOverdose: diabetesDeficiency: fatigue, weakness | 1. Fat and Oils

Source of stored energy, insulation,structure of cell membrane, protectsorgansmeats, dairy, butter, corn oil, olive oil,avocado, fish, nutsOverdose: heart disease, HBPDeficiency: fatigue |
| 1. Proteins

Builds/repairs tissues (muscle, bone, blood), part of structure of cell membrane, secondary source of energymeats, dairy, grains, nuts, eggs, beans, tofuOverdose: weight gainDeficiency: 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 damageDeficiency: 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, crampsDeficiency: weak bones  | 1. Water

Chemical reactions take place in water, blood volume, create/process waste, regulation of body temperaturefruits, vegetables, drinks (water, juice, milk, soda) Overdose: low salt level in bloodDeficiency: low blood volume |