**Nutrients**

Nutrients

* Nutrients are substances in food that your body needs to function properly.

Macronutrients

* Macronutrients is the term to describe the three biggest nutrients.
  + What are they?: Carbohydrates, Proteins, and Fats

Carbohydrates

* Carbohydrates are your body’s biggest source of energy.
* Function: Energy
* There are 2 types are carbohydrates:
  + Sugars- fruits, milk, table sugar
  + Fiber- The tough outter shell of fruits and veggies. Also found in whole grains

Proteins

* Proteins are the building blocks for growth and development.
* Proteins promote healing and repair of body tissues.
* Function: Growth & Repair
  + Found in: meats, eggs, beans, and nuts

Fats

* Fats are also a source of energy for our body but mostly stored.
* Function: Energy and insulation
  + Found mainly in: Sweets (junk food) and meats

Vitamins & Minerals

* Vitamins and minerals are nutrients and elements that help regulate your body’s functions.
* Function: fighting disease, bone strength, & aids in energy production
  + Examples: Broccoli, spinach, carrots, oranges, bananas, and strawberries