**Nutrition Part I. Key The Six Essential Nutrients**

I. **Carbohydrates: First line of energy**

A. Simple: Bad (white refined sugar that doesn’t offer any nutrition..white bread, sugar cereals)

B. Complex: Good (offers sustained energy-pasta, rice, whole wheat bread)

II. **Protein:** Builds and repairs muscle tissue

A. Complete: Has all 9 essential amino acids, comes from animal sources (chicken, fish, red meat, eggs, pork)

B. Incomplete: missing amino acids, comes from plant sources (dry beans, seeds, legumes)

III. **Fats** (There are three reasons why we need fat)

1. Cushions and protects skeleton

2. Helps to regulate body temp

3. Helps dissolve fat soluble vitamins

A. Saturated: Bad (clogs blood vessels) Butter, mayo, cookies, cakes

B. Unsaturated: Good (body uses this type of fat and doesn’t create problems in blood vessels) olive oil, avocado, peanut butter

IV**. Vitamins: helps with chemical processes in the body**

A. Water-soluble: Vitamins B and C (dissolved in water any extra are excreted )

B. Fat-soluble: Vitamins A-D-E-K (stored in fatty tissue, can be toxic in excess)

V. **Minerals: helps with chemical processes in the body**

A. Macro: need a lot of this mineral (Calcium-bones, Potassium-muscles, Iron-blood)

B. Trace: need a little, too much can create problems for the body (sodium-hypertension, dehydration

VI. **Water** (There are three reasons why we need water)

1. excretes toxins and germs

2. hydration (60% of blood is made up of water)

3. helps regulate body temp