

## INFORMATION SHEET

### The Six Nutritional Needs of the Body.

1. Protein:

- growth and maintenance of tissue
- compose basic structure of all living cells
- essential life forming and life sustaining ingredient
- contributes to body's overall energy metabolism

*Foods: meat, milk, cheese, eggs, grain, legumes*

2. Carbohydrates: starches and sugars

- provides energy
- "protein-sparing agents" - sparing proteins from being used to provide energy-if sufficient amount of carbohydrates are present, protein won't be used for energy

*Foods (sugars): fruit, honey, syrup, pineapple, sugar, milk (not cheese)*

*Foods (starches): potatoes, rice, cereal grain*

3. Fats:

- produce energy - concentrated source of energy
- mechanical or structural function
- protection of vital organs
- necessary for fat soluble vitamins
- contribute to palatability of diet

SATURATED FATS	UNSATURATED FATS
egg yolks, dairy fats, red meats, poultry, seafood	vegetable oil, olives, peanut, soybean, corn, cotton seed

4. Minerals: may play vital roles in metabolism

- a. Calcium: build and maintain skeletal tissue, important part in tooth formation, aids in blood clotting, initiation of muscle contraction

*Food: milk, cheese, egg yolk, green leafy vegetable, legumes, nuts*

- b. Phosphorous: bone and teeth building

*Foods: milk, milk produces, lean meats*

- c. Sodium: maintain fluid balance, helps regulate acid-base balance

*Foods: salt, milk (cheese), meat (sausage, hamburger, cold cuts, luncheon meats), olive, pickles, bread, tomato catsup*

b. Water Soluble Vitamins:

**Vitamin B Complex**

- affects growth, appetite, lactation
- necessary for carbohydrate metabolism

*Foods: meat, wheat grain, milk, liver, egg yolk, cereal*

**Vitamin C**

- necessary for formation of connective tissue
- aids in increasing resistance to infection (especially bacterial)

*Foods: citrus fruits, tomatoes, cabbage, potatoes, strawberries*

6. Water:

- vital to existence (can survive longer without food than water)
- important for absorption of nutrients
- chief ingredient of extracellular fluids