

Nutrients Summary

Topic	Definition	Details
Macronutrients	Nutrients which provide energy.	Carbohydrate, fat and protein.
Micronutrients	Nutrients which do not provide energy but have other important functions.	Vitamins, minerals, and water.
Carbohydrate	Starches, sugars and fibre.	Starches are broken down slowly, sugars are broken down quickly. Fibre is food for the healthy bacteria in your gut and prevents constipation.
Fats	Polyunsaturated, unsaturated, saturated, hydrogenated, and cholesterol.	Polyunsaturated and unsaturated fats are healthy fats. Saturated and hydrogenated fats are unhealthy fats.
Protein	Chains of amino acids.	Animal proteins usually have all 9 essential amino acids. Plant proteins are usually low in at least one amino acid and have to be paired up.
Vitamins	Fragile nutrients involved in many bodily functions.	13 in total. A, D, E and K are fat-soluble. C and the eight B vitamins are water soluble.
Minerals	Elements such as sodium, potassium and calcium.	16 different minerals are essential to human nutrition.
Water	Essential for every bodily function.	Water is particularly important for maintaining body temperature.
Nutrient-density	Foods that contain the most nutrients for the least energy.	Unprocessed foods tend to be the most nutrient-dense.