

Nutrients and Health

What kind of foods do you need to eat to keep your body healthy? You need to nourish your body every day, supplying it with the nutrients it needs to function. A **nutrient** is a chemical substance found in food that fulfills a specific role in the body. When your body is working properly, the nutrients in the food you eat are digested, absorbed, and transported to the parts of your body where they are needed. All nutrients are found in food, but not all foods contain all nutrients.

Nutrition is the study of how the body uses these nutrients. Learning about nutrition and the role nutrients play in keeping your body healthy can help you make food choices that allow your body to perform at its best.

A balanced diet is important to help prevent illness and poor nutrition. The term **diet** refers to what, how, and why a person eats.

It is important to know how to prepare foods in a healthy manner so that they retain their optimal nutritional value. Reading labels and understanding their content can help you make healthy food choices.

LEARNING GOALS

- Identify the sources and functions of carbohydrates, proteins, fats, vitamins, minerals, and water.
- Describe diseases that are the result of deficiencies and excesses of various nutrients.
- Explain how label reading can aid in making healthier choices.
- Prepare food items in ways that retain optimal nutritional content.

nutrient: chemical substance found in food that provides essential nourishment

nutrition: the study of nutrients in food and how the body uses them

diet: the food that is consumed by an individual, may refer to an eating plan for weight loss, weight gain, or other health, medical, or cultural requirements

Foods Textbook

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