



Nutrition Guide

1. Introduction

"An apple a day keeps the doctor away". That's another saying about food that you may have heard. Will eating apples really prevent you from getting sick? Probably not but eating apple among other fruits and plenty of vegetables will help you to have and maintain a good health, and it will prevent you from having important conditions such as heart problems and diabetes. That quote intends to encourage population to eat nutritiously.

Eat nutritiously means to eat healthfully; to eat a variety of nutrient-dense foods that give your body all of the important nutrients it needs to grow and develop into a healthy adult and to remain healthy through adulthood.

In order to understand our nutrition, we have to know some relevant concepts:

1. **Food:** Foods are substances from other living things that are ingested.
2. **Nutrients:** are the parts of food which your body needs to grow, repair itself, and give you energy. Macronutrients are nutrients your body needs a lot of, such as carbohydrates and protein. Micronutrients are nutrients your body needs in smaller amounts, such as zinc and iron. All together, there are 40 different nutrients plus fiber which are necessary for good health. These 40 nutrients fall into six categories:
 - a. CARBOHYDRATES
 - b. VITAMINS
 - c. PROTEIN
 - d. MINERALS
 - e. FATS and LIPIDS
 - f. WATER
3. **Eating:** Eating is a conscious, voluntary process by which foods are taken from the outside environment.
4. **Nutrition:** Nutrition is a complex, unconscious and involuntary process by which foods are transformed into nutrients.



Perspectives In Nutrition Study Guide

RJ Alexander



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