

The Six Types of Nutrients

Carbohydrates

What are they?

Carbohydrates are the nutrients our body uses to make glucose. Glucose is the fuel that gives us energy and helps keep our body going. Carbs can be found in good foods and in bad foods.

How much do you need?

You need to eat 210 to 290 grams of carbohydrates everyday. Since carbohydrates are the main source of energy for the body and brain, they are an important component of a healthy diet. An average adult should consume about 40% carbohydrates of their daily calorie intake.

What foods can you eat to get carbs ?

The best kinds of carbohydrates are the ones that don't raise your blood sugar quickly. To get your daily dose of carbohydrates you can eat vegetables, fruits such as apples and berries, and high fiber whole grains.

Good Carbohydrates	
Vegetables	
Fruits	
Brown rice	
Whole grain pasta	
Almonds	
Whole wheat bread	

Protein

What is Protein ?

Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are mostly made up of protein. Your body uses protein to make Hemoglobin. Hemoglobin is the part of your red blood cells that carries oxygen throughout your bodies.

How much do you need ?

Everyday you need 45 to 56 grams of protein. Extra protein will not help you build more muscle or make you stronger. When you eat too much protein, you're taking in more calories and fat than your body needs. Adults should consume about 30% protein out of their daily calorie intake.

What foods you can eat to get protein ?

- Fish
- Eggs
- Beans
- Lean Pork
- Chicken
- Tofu

Fats

What are they?

Fats are one of the six nutrients that are crucial for our bodies. Fats supply us with energy and help other nutrients to do their job. However not all fats are good for us. Trans fats and saturated fats are bad for us. This is because they raise our cholesterol and increase the risk for heart disease.

How much do you need?

Children ages 2 to 3- limited to 30%-35% of total calorie intake

Children ages 4-18- limited to 25%-35% of total calorie intake

Adults ages 19 and older- limited to 20%-35% of total calorie intake

What foods can you get nutritional fats from?

There are many foods that provide nutritional fat. A few examples are:

- avocados
- pumpkin seeds
- soy milk
- dark chocolate
- nuts

All of these foods fall under either polyunsaturated fats or monounsaturated fats. Polyunsaturated and monounsaturated fats are known as the 'good fats'. This is because they are good for your heart, your cholesterol, and the overall health of your body.

Examples bad fats

- french fries
- lard
- butter
- cream
- cake
- cookies
- fatty cuts of meat
- anything deep fried

Water

What is water?

Water is the most basic necessity that our body needs. About 70%-75% of our bodies is made up of water. Without water our bodies would not be able to function.

How much do you need?

The amount of water that we need each day depends on your health, how active you are, and where you live. If you are in bad health you typically need to consume more water than the average person. If you are a very active person you will need more water because of all the energy you are burning off. Also, if you live somewhere that is very hot you will want to drink more water to keep you refreshed. However the average person should consume at least 2 litres of water per day.

Sources of water

You don't need to constantly drink glasses of water to reach the daily maximum. There are other ways to consume water. A great way is to eat healthy foods that contain high levels of water.

Here are some examples:

- watermelon (92% water)
- grapefruit (around 90% water)
- strawberries (around 90% water)
- celery (around 95% water)
- radishes (around 95% water)
- cucumbers (96% water)
- spinach (92% water)
- peppers (92% water)
- red cabbage (92% water)