

## **Nutrition Notes (1/8, 1/11)**

Nutrients: Substances in food that your body needs to function.

Calorie: A unit of heat that measures the energy available in food.

Nutrition: The study of nutrients and how the body uses them.

Proteins: The nutrients used to build and repair cells.

Carbohydrates: The starches and sugars found in foods, especially in plant foods.

Fiber: Tough, stringy part of raw fruits, raw vegetables, whole wheat, and other grains.

Fats: Nutrients that promote normal growth, give you energy, and keep your skin healthy.

Vitamins: Compounds that help to regulate body functions.

Minerals: Elements in foods that help your body work properly.

\*\*Water

**MyPlate**: A visual reminder to help consumers make healthful food choices.

### **5 Food Groups**

-Grains

-Vegetables

-Fruits

-Dairy

-Protein

**Body Mass Index (BMI)**: A method for assessing your body size based on your height and weight.