

A thick black L-shaped frame is positioned around the text. It starts at the top left, goes right, then down, then right again, and finally down to the bottom right corner.

NUTRIENTS, VITAMINS, MINERALS, WATER

Chapter 5 Lesson 3

Vitamins

- Vitamins- compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients
- Vitamins are known as micronutrients because they are needed in small amounts
- Of the 13 vitamins that play a key role in good nutrition, only one is manufactured in the body...Vitamin D.
- Water-soluble vitamins include vitamin C and eight vitamins in the vitamin B complex.
 - *Easy passed into blood stream and excess is excreted in urine*

Vitamins Cont.

- Fat-soluble vitamins are absorbed and transported by fats.
 - *Vitamins A, D, E, K*
 - *Fat-soluble vitamins are stored in the body's fatty tissues, liver and kidneys*
 - *Toxic if taken in excess*

Minerals

- Minerals are inorganic substances that the body cannot manufacture, but that act as catalyst, regulating many vital body processes.
 - *Micronutrients*
 - *Trace minerals (your body need in “trace” amounts) are iron, iodine, and copper*
 - Iron is essential for the body
 - *Calcium- give structure to your bones, develop and maintains bone strength*
 - *Sodium, chloride, and potassium are known as electrolytes*

Water

- Water is nutrient that makes up the greatest percentage of your body.
- Water is a regulator and vital to every body function. It carries nutrients to and transports waste from your cells, mainly through the plasma in your blood.
- Lubricates joints and mucous membranes
- Helps you swallow and digest food
- Keeps body cool through perspiration
- Body uses about 10 cups of water a day- you should consume 6 to 8 cups daily