

Carbohydrates

- Main source of energy.
- Two types (simple and complex):
 - Simple- or sugar, found in fruits and milk.
 - Complex- starchy foods like rice/bread.
- Digestive process turns starch into energy.
- RDA= 300-375 g
- 50% of calories should come from carbohydrates.
- Sources= bread, rice, pasta, potatoes.

Protein

- Essential for growth and repair of body cells.
- Two types (complete and incomplete)
 - Complete (more beneficial to body)- come from animals.
 - Incomplete (less beneficial)- come from plants, such as rice and beans.
- RDA= 20% of calories should come from protein.
- Sources= meat, poultry, eggs, fish, nuts, milk products, dried beans.

Fats

- Source of energy for the body.
- Helps with-
 - Protection against temperature changes.
 - Keeping skin healthy.
 - Carrying vitamins through the blood stream.
- Two types (unsaturated and saturated)
 - Saturated fat is the bad fat. Worse because it contains cholesterol (a wax-like substance our bodies produce, and need in small amounts.
 - Unsaturated fat (good fat) Found in plants, and does not contain cholesterol.
- RDA 65-80 grams of unsaturated and 20-25 grams of saturated.
- Sources include butter, eggs, red meat, and many cheeses.

Water

- Essential to life.
- Functions:
 - Digestion, absorption, and transportation of nutrients.
 - Eliminates waste.
 - Coolant, maintenance of body temperature.
 - Lubricates joints, eyes, and air passages.

- RDA- 8 cups a day.

- Sources- juice, cantaloupe, watermelon, oranges.

Sodium

- Also known as salt.
- Too much causes high blood pressure.
- The body needs 500 mg a day to help the body function.

- RDA- 2400 mg (2.4 grams) 1 gram= 1000 mg

- One level teaspoon is 2300 mg of salt.

- Estimated average person consumes 4000-5000 mg a day.

- Sources
 - 1/4 comes from salt shaker
 - Added in processed/packaged/preserved foods.
 - Pickled food contains high amounts of sodium (olives, pickles)

Sugar

- Average American eats 150 pounds of sugar each year.
- 70 percent of sugar is hidden in prepared foods.
- Sugar provides calories, but few nutrients.
- Contributes to tooth decay.

- RDA- NONE

- Sources- soft drinks, candy, baked goods, syrup.

- Other names for sugar: High fructose corn syrup, dextrose, lactose, syrup, molasses, honey.

