

1.1. Different nutrients

All living things need nutrients. **Nutrients** are the substances a body uses to build, repair and maintain itself. The process of feeding the body with nutrients is called **nutrition**.

There are five main types of nutrient we need from our food. These are carbohydrates, proteins, fats, minerals and vitamins. A sixth important part of our diet is roughage or fibre.



Fibre

Fibre does not provide nutrition, but it helps bulk up waste so that it passes easily through the body. People who do not consume enough roughage are more likely to suffer from constipation, which can sometimes lead to more serious diseases of the intestines.

