

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.



Carbohydrates

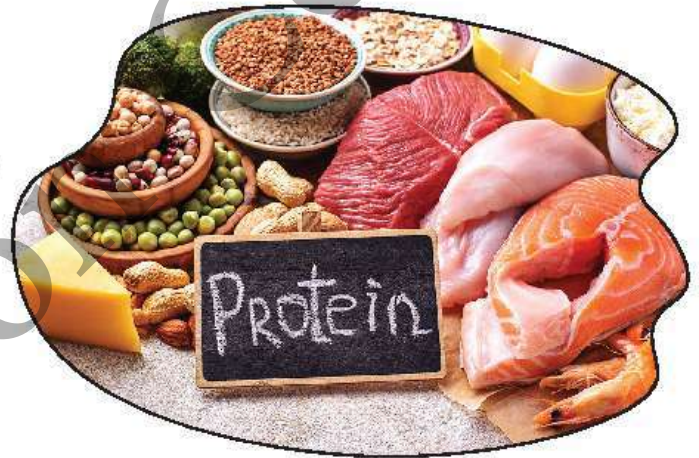
Carbohydrates are mainly used by body as fuel. Digestion breaks them into a simple sugar called glucose. This is carried in the blood to provide energy for all our body parts.

An athlete must eat plenty of carbohydrate before a race to provide the energy needed.



Proteins

Proteins perform many important jobs in the body. Your body needs them to grow, and to make repairs when it is damaged.



Fats

The body needs some fat to build its parts and keep them working properly. Fat can also be used as fuel, for energy. Surplus fat is stored under our skin as a reserve fuel supply.

Take care! Eating too much fat can make you gain weight or become obese. As you get older too much fat can damage your heart.

