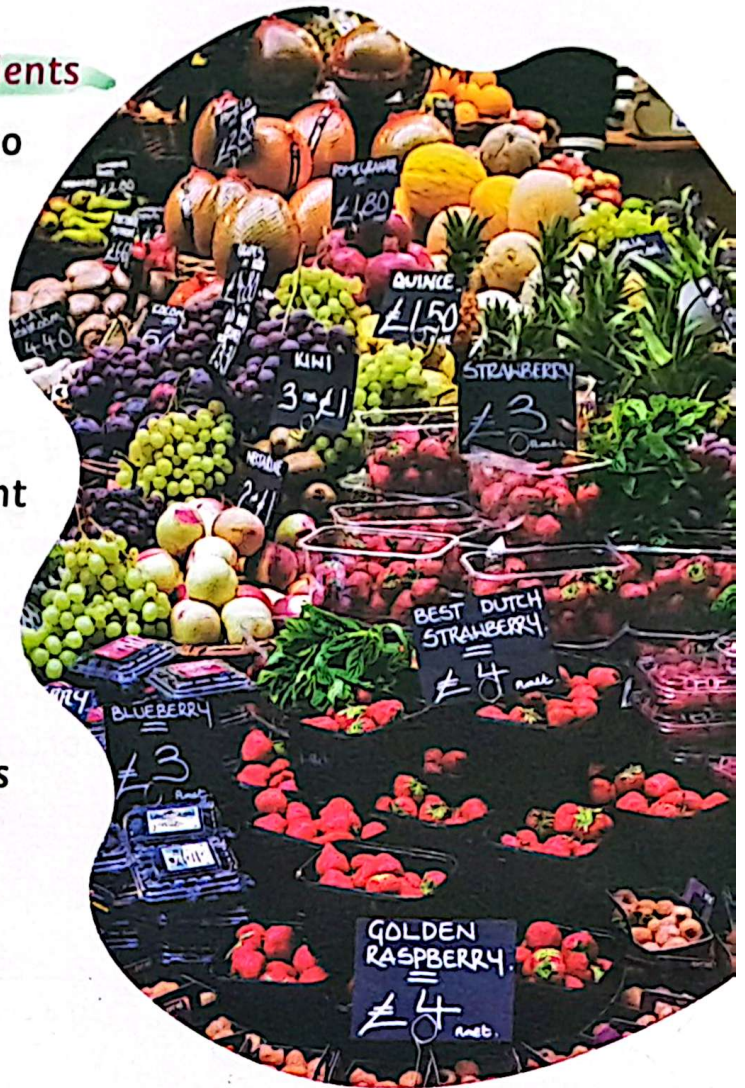


## 1.1. Different nutrients

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

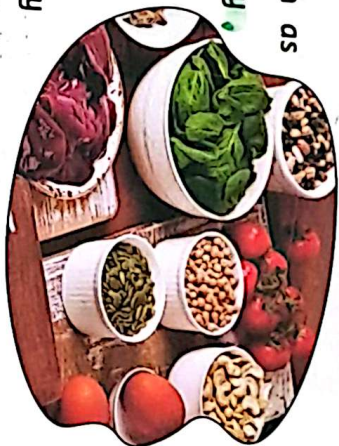
Carbohydrates are mainly used by body as fuel. Digestion breaks them into a simple sugar called glucose. This is carried in the blood to provide energy for all our body parts.

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



## Minerals

Minerals are simple substances such as calcium, iron and salt that the body needs for building bones, carrying oxygen in the blood, and controlling blood pressure. You need to eat a lot of mineral-rich foods when your body is growing.



## Proteins

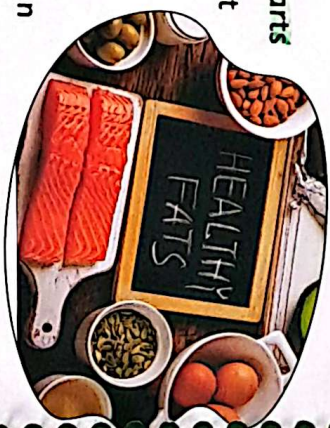
Proteins perform many important jobs in the body. Your body needs them to grow, and to make repairs when it is damaged.



## 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.



## Vitamins

Vitamins are special substances that your body needs in tiny amounts but cannot make itself.

