Nutrition
The study of food and how the body uses it to produce energy and build and repair itself

- Good nutrition includes
  - Eating a diet supplying all of the essential nutrients required to maintain a healthy body
  - Taking in nutrients to prevent dietary deficiencies
  - Avoiding overconsumption of calories, sugars, fats and sodium

Nutrients
Basic substances in food are required to maintain health. There are two main categories

- Macronutrients (Energy Yielding Nutrients)
  - Needed in greater amounts
  - Build/maintain body tissues and provide energy
  - Carbohydrates
  - Fats
  - Proteins

- Micronutrients
  - Needed in smaller amounts
  - Essential for many processes, including cell functions
  - Vitamins
  - Minerals

Carbohydrates (50-60%)

- Plant based foods than are a primary source of energy and fuel for the brain
- Key energy source for muscular contraction
- 4 calories of energy per gram
- Includes whole grains, pasta, fruits, vegetables

Two types
- **Simple carbohydrates** (sugars)
  - Glucose (body converts to energy and can not store)
  - Glycogen (stored in liver and muscle cells and not a direct energy source)