7. Anemia- Lack of iron
8. Electrolytes-Help carry nervous system messages- made up of sodium, potassium, chloride.

Fats
1. Main function- Important source of concentrated energy for prolonged activity-Stored energy.
2. Saturated: One you want to avoid or limit. i.e, animal fat, butter, mayonnaise, creamy salad dressings
3. Unsaturated: Better for you, liquid at room temp. i.e oils, still needs to be limited.

Water
1. 2/3 of our bodies are made up of water
2. Every cell needs water to function properly
3. i.e temperature regulation (cools you down)
4. Helps transportation of nutrients by helping blood flow + waste
5. Recommended min. 1 liter/ day at sea level.

Calorie
1. Unit of measurement of energy released by food
2. Empty Calories
3. Food that gives lots of energy but very little nutritional value.