

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.1liter/ day at sea level.

Calorie

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

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