**7 Nutrients**

*(Bio textbook functions)**(Health textbook functions)* **animal sources**, ***plant sources***

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| **Carbohydrates** | **Simple Sugars**  *(Bio 2.3, 32.1)*  *(Health 7.1)* | **Milk**, ***Fruit*, *Soda***  ***Sweets*** *(****syrup*, *desserts*, *candy****,* **honey**) |
| **Complex Carbs**  **(from plants)**  ***Starch***  *(Bio 2.3, 32.1)*  *(Health 7.1)* | ***Potato****, [****Grains = Rice, Corn, Oats, \*Wheat****]*  *\*Wheat flour is commonly used in cereal, bread, pasta, etc.* |
| ***Fiber***  *(Bio 2.3 – “Cellulose”)*  *(Health 7.1)* | (Anything with **whole** plant cells)  ***Fruits/Vegetables***  ***Whole Grains (brown rice, wheat bread)***  ***Nuts/Seeds, Beans*** |
| **Fats**  *(Bio 2.3, 32.1,*  *3.3 – “Phospholipid”)*  *(Health 7.1)* | **Saturated Fat** | **Meat, Dairy, Eggs**, ***Coconut Oil*** |
| **Unsaturated Fat** | ***Vegetable Oils, Nuts, Avocado****,* **Fish/Seafood** |
| **Proteins**  *(Bio 2.3, 3.3, 32.1,*  *2.5 – “Enzyme”,*  *3.5 – “Transport Protein”*  *29.6 – “Hormones”*  *31.2 – “Antibody”*  *33.2 – “Muscle structure”)*  *(Health 7.1)* | **Complete Proteins** | **Meat, Dairy, Eggs**, ***Soy (tofu), Quinoa***  Combinations of incomplete proteins:  *[****Grains + Beans****], [****Grains + Nuts/Seeds****],*  *[****Vegetables + Beans****], [****Vegetables + Nuts/Seeds****]* |
| **Incomplete Proteins** | ***Nuts/Seeds, Beans, Grains, Potato, Vegetables*** |
| **Nucleic Acids**  *(Bio 2.3, 6.3, 8.2, 8.4)* |  | (Anything with cells)  ***Fruit, Grains, Potato, Beans, Nuts****,*  **Meat, Eggs** |
| **Water**  *(Bio 2.2, 32.1)*  *(Health 7.2)* |  | ***Fruit, Vegetables****,* Drinks, Soups |
| **Vitamins**  *(Bio 32.1)*  *(Health 7.2)* |  | See tables on Health Textbook pg. 161-162 |
| **Minerals**  *(Bio 2.1, 32.1)*  *(Health 7.2)* |  | See table on Health Textbook pg. 163 |