



The meaning of the term 'balanced diet'.

Macro Nutrients

Measured in grams.

Principles of Nutrition
[The study of Nutrients]

Explain why it can be beneficial to include a mixture of protein in the diet.

Identify two nutrients that are lost when boiling vegetables.

Micro Nutrients

Measured in mg or micro-grams.

Protein:

- growth
- repair
- cell maintenance.

Carbohydrates:

energy.

Fats:

- warmth
- hormone production
- energy
- fat soluble vitamins.

Vitamins:

- convert food to energy
- repair cell damage
- support immune system
- help absorb minerals.

Minerals:

- bones/teeth formation
- cell formation
- repair cell damage
- control cell fluid.

HBV:

- meat
- fish
- cheese
- milk
- eggs
- soya.

LBV:

- cereals
- pulses
- nuts
- seeds.

Starch:

- cereals
- bread
- pasta
- rice
- potatoes.

Sugar:

- cake
- biscuit
- sweets
- fizzy drinks
- processed foods.

Saturated:

- meat
- cheese
- lard
- butter.

Monounsaturated:

- olive oil
- almonds
- avocado.

Polyunsaturated:

- sunflower oil
- oily fish
- seeds.

Water Soluble

milk

Vitamin B:

- eggs
- wholegrains.

Vitamin C:

- citrus fruits
- sprouts
- red peppers
- new potatoes
- liver
- kiwi fruit.

Fat Soluble

Vitamin E:

seeds.

wheatgerm

Vitamin A:

- leafy veg
- oily fish
- cheese
- eggs
- orange/ yellow fruits.

Vitamin D:

- oily fish
- eggs
- fortified margarine.

Calcium:

- meat
- dairy foods
- green leafy veg
- soya.

Iron:

- red meat
- dark green leafy veg
- beans
- nuts.

Sodium:

- salt
- processed foods
- cured meats.