

# NUTRITION VOCABULARY



<b>NUTRITION</b>	the process of obtaining the food necessary for health and growth
<b>PROTEIN</b>	a nutrient that supplies energy, builds cells and blood, and aids in the growth of healthy muscles, organs, skin, and hair
<b>VITAMINS</b>	nutrients that help your body release energy from carbohydrates, fats, and proteins; and help with other chemical reactions in the body
<b>MINERALS</b>	nutrients that build strong bones and teeth, make hemoglobin in red blood cells, help maintain body fluids, and help other body chemicals
<b>CARBOHYDRATES</b>	nutrients that are your major fuel. Mainly starches and sugars
<b>FATS</b>	nutrients that are stored in muscle fibers, provide energy, help your body absorb vitamins, and add flavor to food
<b>WATER</b>	makes up more than 60% of your body and helps carry nutrients to cells
<b>CALORIE</b>	a unit of energy measured in food or drinks
<b>FIBER</b>	dietary material containing substances such as cellulose, lignin, and pectin, that are resistant to the action of digestive enzymes
<b>DEFICIENCY</b>	a nutrient deficiency occurs when the body does not get enough of each nutrient such as vitamins and minerals



Knowing the proper words and their definitions allows us to communicate more clearly about a topic! Use these vocabulary terms when discussing this topic.