

Study Sheet

Nutrition BINGO

Protein - Basic framework for our muscles, bones, blood, hair and fingernails. Food sources include beans, peas, milk, meat & fish.

Fats - High calorie compounds found in food. Two basic types are saturated and unsaturated.

Water Soluble Vitamins - Vitamins such as B and C that are used up or washed out of the body in urine and sweat. They must be replaced daily.

Minerals - Naturally occurring inorganic substances, small amounts of some being essential to life.

Water - Although we can live for several weeks without food we would die after a few days without this nutrient.

Amino Acids - 22 of these molecules make up the building blocks of protein.

Complex Carbohydrates - Starches, including cereals, fruits and vegetables, ideally these types of food should account for about 60% of your diet.

Fat Soluble Vitamins - Vitamins A,D,E & K

20-35 - Grams of fiber recommended to be consumed each day.

6-11 - Recommended servings per day for breads, cereals, rice and pasta.

Cholesterol - A waxy, fat-like substance found only in animal tissues. The body makes all that it needs and does not require that you consume any in your diet.

< 30 - According to the American Heart Association, this percentage should be your daily calories from fat.

Metabolism - The sum of all the chemical processes that go on in the body to digest food and excrete waste, to transform chemicals within cells, to produce energy for the body's functions, and to produce new living tissue from food and energy.

Nutrients - Elements in food, such as carbohydrates and fats, that the body cannot produce on its own, which are essential to growth, repair and energy.

10-15 - The percentage of your daily calories that should come from protein.

3,500 - The amount of calories in a pound of fat.