



Essential Nutrients Fact Sheet

Good nutrition does not mean giving up flavor. Rather, it is an awakening of the palate to many of the natural flavors disguised by improper seasonings, over-salting, coating items in fat, and poor cooking methods. .”

-Chef Todd Mohr

Six essential nutrients

Carbohydrates

Simple Carbohydrates
Sugars
fruits, vegetables, milk, honey
Complex Carbohydrates
Starch or fiber
vegetables, fruits, cereal, grains
Body breaks into glucose or blood sugar
Fruit and vegetables vary in amount of sugar and starch.
Beets – high starch, low fiber
lettuce-low starch, high fiber
Knowing the characteristics of the ingredient helps anticipate cooking

Fats

Saturated Fats
Animal products
Tropical oils
Monounsaturated Fats
Plants
Olive oil
Polyunsaturated Fats
Plants and fish
Soy, corn, safflower oils
Essential in body functioning
transport fat soluble Vitamins
A,D,E,K Vitamins
9 calories per gram
Stores energy well

Six essential nutrients

Proteins

Composed of chains of amino acids
Mostly animal proteins
Necessary for body tissues, scar tissue formation, blood clotting, hair, nails

Water

Human body is 60% water
Transports nutrients
Cushions cells, joints
Maintains body temperature

Vitamins

Needed to regulate metabolism
Fat Soluble vitamins
A, D, E, K
Water Soluble vitamins
C, B
Retaining vitamins is skill of cooking
Steam over boil
Boil loses C, B vitamins
Frying loses A,D,E,K vitamins

Minerals

Cannot be manufactured by the body
Get Minerals by eating plants or animals that ate plants that draw minerals from the ground.
Critical to hard and soft tissue
Nerve impulses sent through an exchange of sodium and potassium
Cooking can leach minerals
processing grains removes minerals