

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Vocab

1. Substances in food that your body needs
  2. The study of nutrients and how your body uses them
  3. Sugars and starches that occur naturally in foods
  4. Parts of fruits, vegetables and grains that your body can't digest
  5. nutrients your body uses to build, repair, and maintain cells and tissues
  6. fat that is solid at room temperature (bad fat)
  7. fat that is liquid at room temperature (good fat)
  8. substances that help your body fight infections and use other minerals
  9. elements that help form healthy teeth and bones
  10. regulates our body temperature and carries oxygen to our cells
  11. unit of energy used by our bodies to maintain growth and health
  12. Calories with lots of nutrients
  13. Calories with little nutrients
  14. designed to remind Americans to eat healthfully
  15. grains that contain the entire grain kernel
- A. Nutrients
  - B. Saturated Fat
  - C. Minerals
  - D. Calorie Dense
  - E. MyPlate
  - F. Nutrient Dense
  - G. Fiber
  - H. Calorie
  - I. Water
  - J. Protein
  - K. Whole Grains
  - L. Carbohydrates
  - M. Unsaturated Fat
  - N. Nutrition
  - O. Vitamins