



## Macro Nutrients

Macro nutrients, are the nutrients that the body requires in larger quantities.



### Proteins

Proteins assist with growth and repair of the body. Proteins are found in **animal** products like meat, fish and eggs. **Vegetable** sources include soya-bean products, pulses and nuts.

Not eating enough protein can cause a protein deficiency, which can give you weakness and cramps.

### Carbohydrates

Carbohydrates are needed to give the body energy. There are two types of carbohydrate - starch and sugar.

- Starch is found in cereals, potatoes, pasta and flour etc
- Sugar is found in fruit, honey, milk etc

Not eating enough carbohydrates may lead to lack of energy and therefore a low blood sugar level.

### Fats

Fats help to provide concentrated sources of **energy** and help to **insulate** the body in cold weather. There are two main types.

- **Saturated fats** are usually obtained from animal sources, for example butter and lard.
- **Polyunsaturated fats** come from vegetable sources, such as sunflower oil.

To much fat can lead to heart disease.

Vitamins and minerals help the body stay healthy and work properly.

## Micro Nutrients

Micro nutrients are nutrients that the body doesn't need a lot of.

### Vitamins

Vitamins are needed in very small amounts for growth and health.

### Minerals

Minerals are needed in small amounts to help the body function properly and stay strong. **Calcium** and **iron** are two important minerals.

### Ethical Special diets

**Vegetarian:** People who do not eat meat or fish.

**Vegan:** People who do not eat any products from animals

**Pescatarian:** People who follow a vegetarian diet but also eat fish

**Lactose Free diet:** People who are intolerant to Lactose which is found in dairy products.

**Gluten Free diet:** People who suffer from coeliac disease, can't eat Gluten which is the protein which is found wheat.

An intolerance is when your body can't process/digest certain food like lactose or gluten. Symptoms include stomach pain and bloating.

### Intolerance ∨ Allergies

A damaging immune response for certain food if allergic to them

Common allergens: nuts, peanuts, milk, fish, egg, wheat, soy, sesame

**Natasha's Law:** All pre-packaged food for direct sale must list all ingredients and allergens. Named after Natasha who lost her life when she was 15, from an allergic reaction to un-labelled food.

Vitamin	Need for	Sources
Vitamin A	- good vision - healthy skin - growth	- green and yellow vegetables - dairy products
Vitamin B (thiamin, riboflavin and niacin)	- release of energy from foods - healthy skin	- breads - milk - eggs
Vitamin B12	- red blood cells	- meat - milk - fish
Vitamin C	- healthy skin - protects cells - helps absorb iron	- fruit - vegetables
Vitamin D	- helps absorb calcium - strong teeth and bones	- margarine - oily fish

### Calcium

Calcium is needed for the growth of **healthy teeth and bones**. Sources of calcium include milk, cheese, eggs, wholegrain cereals, green vegetables, bread and tofu.

### Iron

Iron is needed for the **formation of red blood cells**. Sources of iron include red meat, green vegetables, eggs, lentils and bread.

### Other minerals

Other minerals that the body needs include potassium, sodium, magnesium and zinc.