

The 6 Essential Nutrients

6 Essential Nutrients

There are 6 Essential Nutrients the human body requires.



The diagram consists of six colored ovals arranged in two rows of three. The top row contains 'Carbohydrate' (yellow), 'Protein' (blue), and 'Fat' (pink). The bottom row contains 'Water' (light blue), 'Vitamins' (green), and 'Minerals' (purple). A large, diagonal watermark reading 'Sample' is overlaid across the center of the diagram.

Macronutrients

Carbohydrates, protein, and fat are called macronutrients. They are required by your body in larger amounts. Carbohydrates, protein, and fat provide calories.



The image shows a white plate filled with a variety of colorful foods, including leafy greens, red tomatoes, yellow corn, and other vegetables, representing a balanced meal.

Calories

- A calorie is a measurement of energy in food. The calorie amount in a food is how much energy that food gives out.
- Calorie needs vary from person to person. Your needs can change based on your activity level, stress level, etc.

Micronutrients

Vitamins and minerals are required in smaller amounts. They are called micronutrients. Vitamins and minerals do not provide calories.

Water

Water helps to keep you cool, aids in digestion, and keeps our body moisturized so joints and tissues stay healthy.

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AN Whitehead



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