

CHOLESTEROL

- Fat in animal products like meat, cheese, eggs
- Excess cholesterol in the body will start to build up inside the artery walls causing atherosclerosis
- Recommended blood level under 200 mg/dl
- HDL – High Density Lipoprotein – “good”, removes excess cholesterol from cells and carries it back to liver to be broken down/eliminated
- LDL – Low Density Lipoprotein – carry fat to cells

PROTEINS

- Many functions:
 1. Enzymes
 2. Source of energy
 3. Muscles, hormones, clotting, antibodies all depend on proteins
- AMINO ACIDS – building blocks of proteins
- Proteins that contain all amino acids are COMPLETE PROTEINS – milk, eggs, meat
- Proteins that do not contain all amino acids are INCOMPLETE PROTEINS – vegetables, beans, wheat
- Can't store excess amino acids – excreted as urea
- Adults in US eat too much protein – puts extra burden on liver and kidney which must eliminate urea from body

Nutrition

Nutrients are:

- water
- carbohydrates
- lipids
- proteins
- minerals
- vitamins
- fiber

WATER

- Essential nutrient
- 55-65% body weight
- Body loses water through evaporation, excretion, and respiration
- The only nutrient we sense a need for – thirst

