

The 6 Essential Nutrients

Your Body Needs

• CARBOHYDRATES

- MACRONUTRIENT
- PROVIDES ENERGY

4 KCAL PER GRAM

• PROTEIN

- MACRONUTRIENT
- PROVIDES ENERGY

4 KCAL PER GRAM

• FATS

- MACRONUTRIENT
- PROVIDES ENERGY

9 KCAL PER GRAM

• VITAMINS

- MICRONUTRIENT
- DO NOT PROVIDE ENERGY

HELP FACILITATE ACTIVITIES
IN THE BODY

• MINERALS

- MICRONUTRIENT
- DO NOT PROVIDE ENERGY
- ESSENTIAL MINERALS

PERFORM IMPORTANT
FUNCTIONS IN THE BODY



• WATER

- DOES NOT PROVIDE ENERGY

Provides the environment
for nearly all body processes



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NERD NOTE:



ALCOHOL

PROVIDES 7 KCAL PER GRAM, BUT IT
IS NOT CONSIDERED A NUTRIENT.

ENERGY AT GLANCE



CARBS → 4 KCAL/G

PROTEIN → 4 KCAL/G

FAT → 9 KCAL/G

ALCOHOL → 7 KCAL/G

ALCOHOL IS NOT A NUTRIENT

DIETARY REFERENCE INTAKES

- **EAR — Estimated Average Requirement**

The average daily amount of a nutrient needed to maintain a specific body function in 50% of healthy people of a specific age and sex.

50%

Meets the needs of 50% of the population

- **RDA — Recommended Dietary Allowance**

The average daily amount of a nutrient considered enough to meet the needs of nearly all healthy people (about 98%) in the population.

98%

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Used as an individual daily intake goal.

- **AI — Adequate Intake**

The average daily amount of a nutrient that appears sufficient to meet nutritional needs.



Used when there isn't enough evidence to establish an EAR or RDA.

- **UL — Tolerable Upper Intake Level**

The maximum daily amount of a nutrient considered safe for most healthy people. Going above the UL increases the risk of harmful health effects.



Helps protect against nutrient toxicity. 

The 6 Essential Nutrients Word Search

Can you find all **six** essential nutrients hidden in the puzzle?

CARBOHYDRATES

FATS

MINERALS



R	C	F	Q	O	J	O	U	U	F	C	A	V
E	A	U	Z	E	S	N	I	M	A	T	I	V
T	R	I	B	S	A	Z	Y	X	L	U	G	H
A	B	N	C	J	F	D	W	M	A	N	C	I
W	O	B	O	L	M	I	N	E	R	A	L	S
X	H	C	H	X	M	Q	T	A	I	N	L	S
J	Y	U	Z	D	D	B	E	L	D	I	W	G
B	D	B	Z	V	W	Z	R	F	B	E	Q	P
S	R	K	B	K	N	C	A	Q	H	T	H	F
S	A	R	A	G	F	T	G	Y	G	O	V	I
R	T	V	W	X	S	C	K	B	G	R	D	X
T	E	C	M	G	A	N	O	X	W	P	H	L
G	S	D	B	I	C	J	M	Y	R	W	H	L

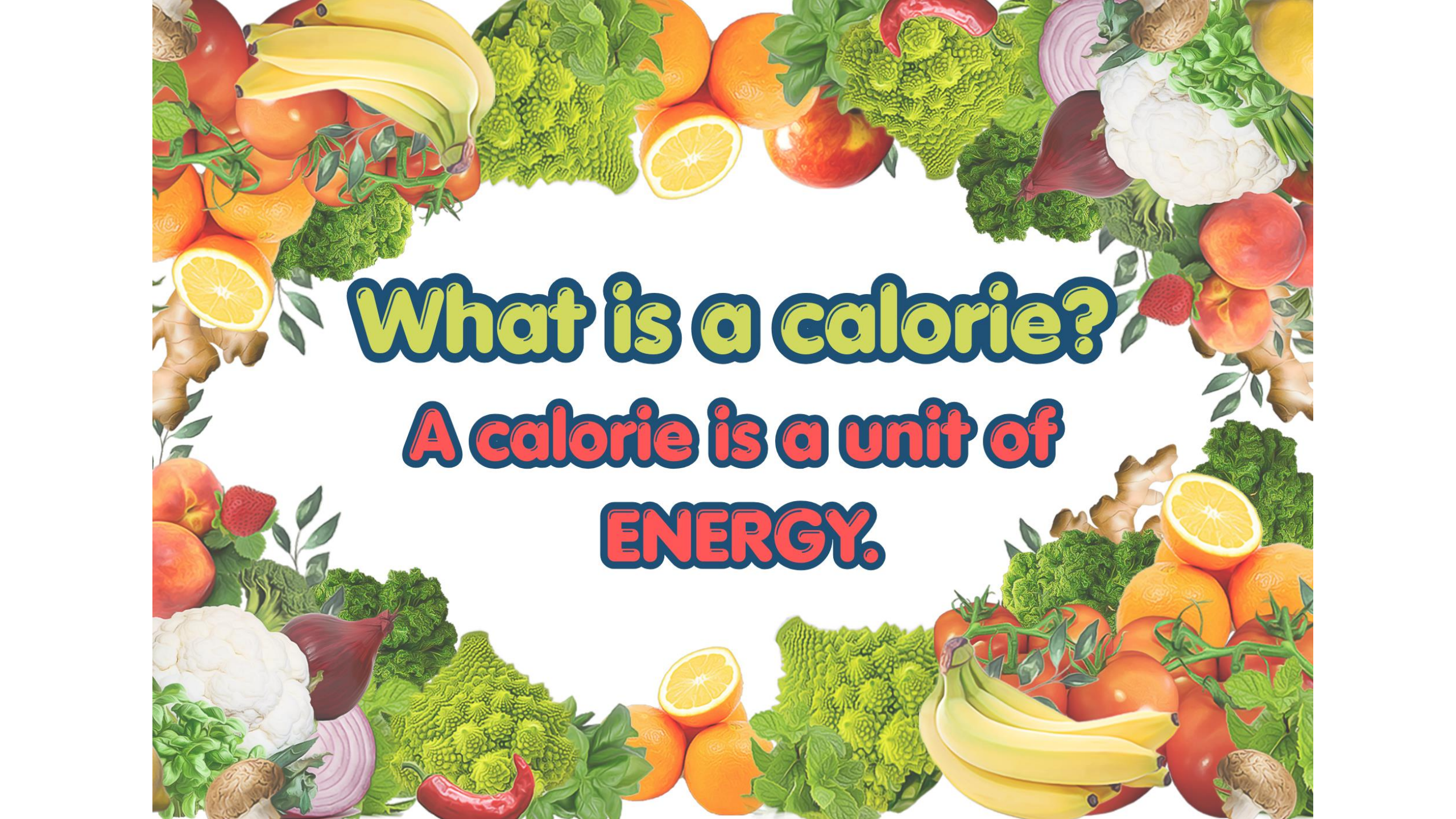


PROTEIN

VITAMINS

WATER



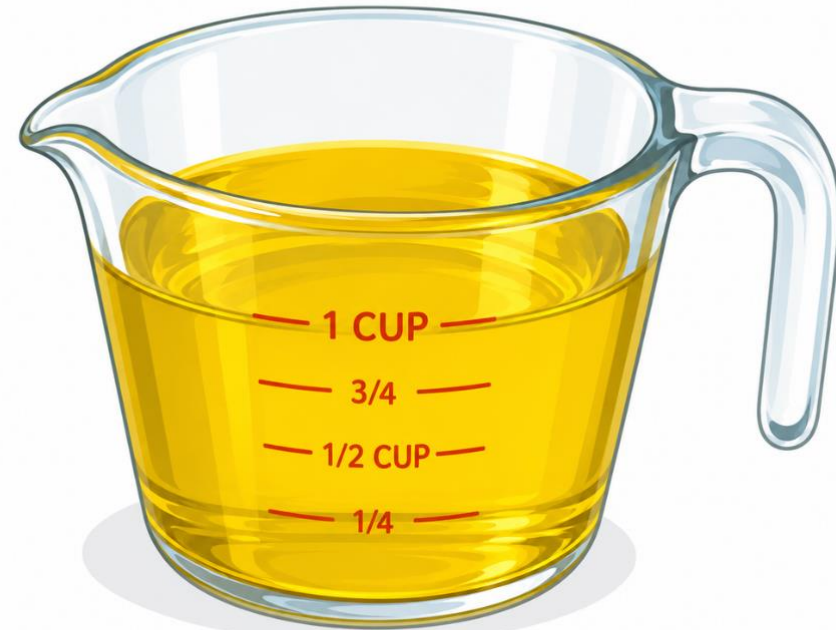


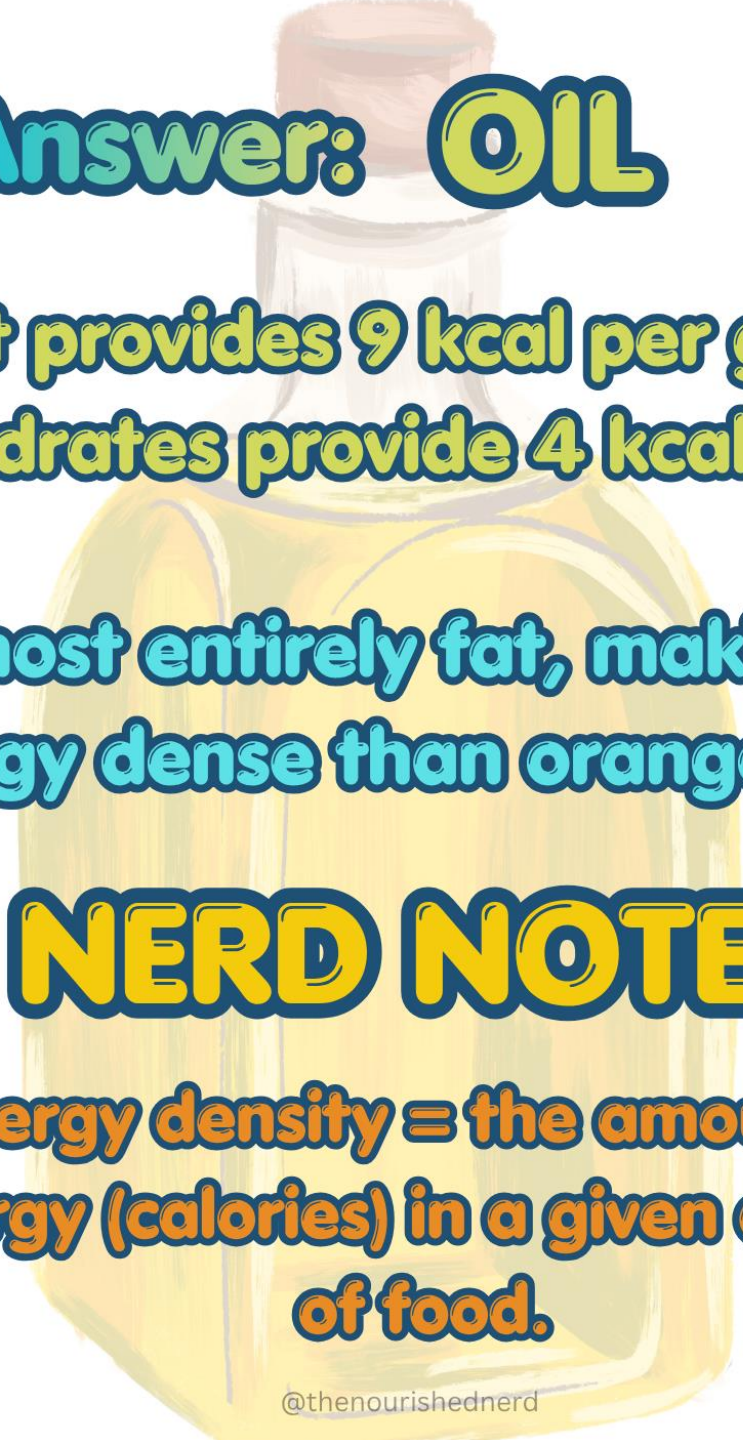
What is a calorie?

**A calorie is a unit of
ENERGY.**

WHICH IS MORE ENERGY DENSE?

(Answer on next page)





Answer: OIL

Fat provides 9 kcal per gram

Carbohydrates provide 4 kcal per gram

Oil is almost entirely fat, making it more energy dense than orange juice.

NERD NOTE:

Energy density = the amount of energy (calories) in a given amount of food.