**Essential Nutrient (EN) Base Group Summary Worksheet – Key** X= significant contributor

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | CARBS | PROTEIN | LIPIDS  (fats/oils) | VITAMINS | MINERALS | WATER |
| Energy (nrg) Nutrient | X | X | X |  |  |  |
| Calories/gram  (nrg value) | 4 cal/g | 4 cal/g | 9 cal/g | n/a amount consumed too small to count!!! |  |  |
| Contains Carbon (organic) | X | X | X | X |  |  |
| Mark X in box below if listed food is  significant source of EN | \*\*\*\*\*\* | \*\*\*\*\*\* | \*\*\*\*\*\* | \*\*\*\*\*\* | \*\*\*\*\*\* | \*\*\*\*\*\* |
| Fruit | X |  |  | X | X | X very high |
| Sugars | X |  |  | trace | trace | Trace |
| Starchy veg/grains | X | X |  | X | X | X prepared |
| Watery veggies | low | Very low |  | X | X | X very high |
| Starchy Beans | X | X |  | X | X | X prepared |
| Nuts/Seeds | ~20% by wt. is carb | X | X | X | X | Trace |
| Meat/cheese |  | X | X | X | X | X |
| Milk/Yogurt  (nonfat/whole) | X | X | Whole X  Nonfat 0 | X | X | X |
| Fats/Oils |  |  | X | X- vit E |  |  |
| Eggs |  | X | X | X | X | X |

Protein Carbohydrate Water Fat/Oil Vitamins Minerals

1. Which nutrient comprises the largest percent of our body weight? Water

1a. Approximately what percent of body weight is it for the average adult male? ~65-70%

2. Which EN do you think should comprise the most (largest %) of your

daily calorie intake? It is also the only EN that provides us with a source of fiber. Carbs

(fruit, starchy beans, vegetables, milk)

3. Which EN do you think provides us with Nitrogen (N), in a form we can use to Lean/low-fat

build body tissue (muscles, antibodies enzymes, etc.?) protein

(starchy beans, meat, eggs, dairy, seed/nuts)

4. Assume survival is your goal.  *If allowed only one EN for a week, which*

*should it be?* Water

5. Which EN has the highest energy value/gram? Lipid

(fats/oils)

6. Sodium and calcium belong to which class of EN? Minerals

7. Contains carbon, but is not considered an energy nutrient, because Vitamins

our daily need is very small <<1 tsp./day all vitamins combined