

Chapter 3

Activity 1: Nutrition 101

Fill in the blank

Our bodies are made up of approximately _____ water.

Your brain is roughly _____ water.

Water helps _____ flow into our cells.

Water helps to:

- _____ body temperature
- Flushes _____ and excess _____ from your body through _____.

How much water do we need to drink each day?

Is it okay to drink liquids with meals? Explain.

There are several different types of fats. Please explain the three main types of fat that are contained in food.

- _____
 - _____
 - _____
-

Good fats assist in the _____ and _____ of vitamins. Good fats are necessary for a

What are the two essential fatty acids that must come from foods and include two examples of food sources for each.

- _____

- _____

What is the optimal ratio of omega-6 to omega 3 fats in our diet? _____

Even though coconut oil is a saturated fat, please explain why it is considered healthy. ↓

What are trans fats commonly listed as in the ingredient labels on packaged foods?

Why are trans fats bad for you?

What foods are trans fats found in?

What are the two main types of carbohydrates and list two examples of each?

What is glucose? _____

What is the role of your pancreas when glucose enters your bloodstream?

Excess sugar is stored as glycogen in your liver. What happens when there is too much stored in your liver?

Sugar taxes your _____ and is highly _____.

On average, a typical American consumes _____ **pounds of sugar per year.**

List three added sugars that are commonly found in packaged foods.

- 1.
- 2.
- 3.

What is gluten? _____

List three gluten intolerance symptoms.

- 1.
- 2.
- 3.

List three gluten-free grains?

- 1.
- 2.
- 3.

How much protein does the World Health Organization recommend we need each day? _____

What are proteins made up of? _____

How many essential amino acids are there? _____

List five plant foods that are high in protein:

Dairy is _____ forming in your body.

Beyond childhood, most people stop producing the enzyme _____, which is needed to digest _____, the sugar in milk.

Why are we not able to absorb calcium from cow's milk, and what effect does this have on our body?

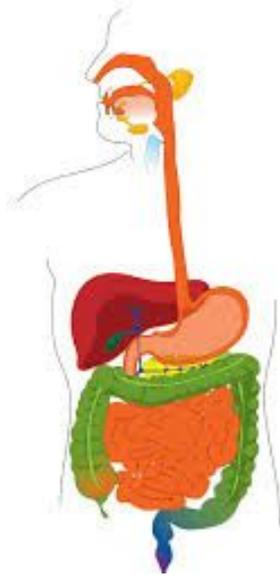
What are the best sources of calcium?

List three dairy alternatives:

The root cause of almost all chronic disease starts in your _____.

Identify the following on the diagram below:

- Esophagus
- Liver
- Pancreas
- Gallbladder
- Stomach
- Large Intestine
- Small Intestine



What are three benefits of probiotics
