

The 7 Types of Nutrition

5 Macro Nutrients – Body needs in large amounts

- Proteins
- Carbohydrates
- Fats
- Fibres (non-energy providing)
- Water (non-energy providing)

2 Micro Nutrients – Body needs in small amounts

- Vitamins
- Minerals

Catabolism (breaking down of food molecules) plus

Anabolism (repair and creation of cells and tissue) equals

Metabolism (process by which the body changes food and drink to energy)

