Nutrition Vocabulary

Lesson 1

**Carbohydrates** - the starches and sugars found in foods; the main source of energy

**Fiber** - an indigestible complex carbohydrate that is found in the tough, stringy parts of vegetables, fruits and whole grains

**Proteins -** the nutrient group used to build and repair cells.

**Lipid -** fatty substance that does not dissolve in water.

**Vitamins -** compounds that help to regulate body processes

**Minerals --** substances the body uses to form healthy bones and teeth, keep blood healthy, and other organs working properly