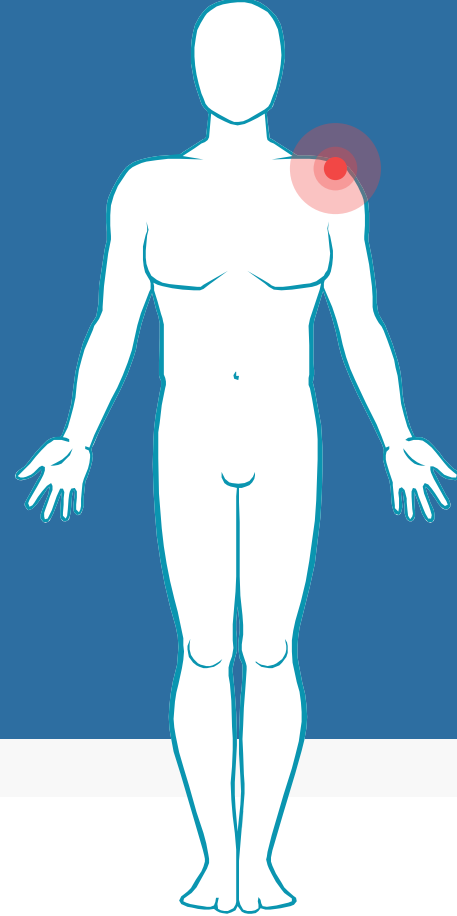


# ON-CALL

## Digital Resources

### The Six Elements of Nutrition



# Nutrition

- Good nutrition incorporates the following **6 elements**:
  - Water
  - Carbohydrates
  - Minerals
  - Proteins
  - Vitamins
  - Fats



## Element 1: Water

- Regulates Body Temperature
  - Lubricates your joints
  - Transports oxygen throughout your body
- 
- It recommend to have at least 8 glasses of water every day.



## Element 2: Carbohydrates

- Source of energy for our bodies
- Find in grains, fruits and vegetables
- Avoid problems like obesity, cardiovascular problems and type 2 diabetes.
- Experts recommend eating 45% and 65% of daily calories.





## Element 3: Minerals

- Minerals has **2 types**:
  - Those we need in higher quantities, such as sodium, potassium, calcium, phosphorus.
  - Those we need in lesser quantities such as zinc, iron, chromium, manganese, etc.
- They are necessary for the body to grow.



## Element 4: Proteins

- Repair tissues in determining moments (Childhood, adolescence...).
- In the body you find in muscles, bones and body fluids.
- Proteins can be sourced in eggs, meat, fish and milk.



## Element 5: Vitamins

- Synthesized in the body and to be ingested with diet.
- Regulate metabolic reactions.
- Small quantities but deficiencies in vitamins can lead to diseases.



## Element 6: Fats

- Has bad reputation but is a nutritional element contributing to a healthy diet.
- Maintains body temperature.
- Protect organs from trauma.
- Aim to meet your fat requirements from unsaturated fats, such as nuts, nut butters, seeds, avocado and olive oil.





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