

Macronutrients and Micronutrients

Nutrition is concerned with how food impacts on our health. It consists of various nutrients. If you choose food that has good overall nutritional value, you maintain good overall health with lots of energy to carry on daily activities. If your food choices contain a low nutritional value, you may suffer from malnutrition and various diseases.

What are nutrients?

Nutrients have specific metabolic effects on the body. They consist of essential vitamins and minerals necessary for the body. These nutrients cannot be made by our body and have to be obtained from various foods. Foods are usually classified into two categories: macronutrients and micronutrients.

Macronutrients-These nutrients are required in large amounts by our body and make up most of our diets. This group consists of the following: fats, carbohydrates, proteins and water. Macronutrients rely on sufficient micronutrients being available in order to provide energy to the body.

Micronutrients-These nutrients are required in small amounts by our body. They consist of vitamins and minerals. Micronutrients are not an energy source.

Both macronutrients and micronutrients are essential for the proper functioning of the body.

Water-soluble vitamins

A water-soluble vitamin is a vitamin that dissolves in water. Vitamin C and B are examples. Water-soluble vitamins cannot be stored in the body for long periods of time. They travel through your body and whatever is not needed comes out in your urine. These types of vitamins need to be replaced daily.

Fat-soluble vitamins

A fat soluble vitamin is a vitamin that can be stored in the liver and fat tissues of your body until your body needs them. Vitamins A, D, E, and K are examples. These types of vitamins can be stored in your body for up to six months.