

# NUTRIENT DUTY SHEET

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Source of Energy

Growth & Repair

Homeostasis

Proteins	✓	✓	✓
Fats	✓	✓	✗
Carbs	✓	✗	✗
Vitamins	✗	✗	✗
Minerals	✗	✗	✗
Enzymes	✓	✓	✓