MCj02868550000[1]Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_

The Six Major Nutrients

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | Function | Source | Energy or  Calories |
| Carbohydrates |  |  |  |
| Protein |  |  |  |
| Fat |  |  |  |
| Vitamins |  |  |  |
| Minerals |  |  |  |
| Water |  |  |  |
| Non nutrient: Fiber |  |  |  |