

Carbohydrates -

Major Elements - Carbon (C), Hydrogen (H)
Oxygen (O)

Building Blocks - monosaccharides (glucose)

- provide body with short term energy
 - digestion begins in mouth
 - Fiber - "bulk" from undigestible food
 - helps to "clean out" - "move food" through the intestines
-

Proteins - C, H, O, + Nitrogen (N)

- building blocks - amino acids
- Proteins are needed for energy, cell growth, repair + maintenance

Digestion - begins in stomach

- meat, eggs, nuts, legumes
-

Fats - C, H, O

Building blocks - fatty acids

Digestion begins in the small intestine

- long term energy storage
- insulation (keep you warm)
- protect + cushion your internal organs