

Facts about carbohydrate

1. Hydrogen-Carbon-Oxygen
 2. Monosaccharides - Simple Sugar
 3. Monosaccharides can join and become two (Disaccharides) these can join together to become Polysaccharides.
 4. 16 KJ per gram
 5. 275g for men } per day
203g for women }
 6. IF Less carbohydrate is present then less glucose is available for growth and repair of body tissue
 7. Cardiovascular disease, diabetes, Obesity & cancer.
 8. gram for gram carbohydrate provides less energy than fat or ALCOHOL
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Facts about carbohydrate

1. Carbon, hydrogen, Oxygen.
2. monosaccharides
3. ~~Sugars~~ ^{Disaccharides} are formed when 2 monosaccharides join together with the removal of one water molecule.
4. One gram = 16 KJ (3.75 Kcal).
5. 275g = men. 203g = women.
6. higher chance of bowel cancer.
7. higher chance of Cardiovascular disease.
8. Gram for gram carbohydrate provides less energy than fat or alcohol.

Facts about protein

- ① Carbon, Hydrogen, oxygen + Nitrogen.
- ② Amino Acids
- ③ For Growth proteins are essential components of protoplasm + its structures
- ④ 17KJ Per Gram
- ⑤ Men
 $19-50 = 55.5g$
 $50+ = 53.3g$
Women
 $19-50 = 45.0g$
 $50+ = 46.5g$
- ⑥ Malnutrition (Marasmus + Kwashiorkor)
- ⑦ Too much can be converted into fats if the diet contains too much carbohydrates.
- ⑧ About 18% of the human body is made up of protein e.g. skin, Nails, hair, hormones etc.

Facts about protein

1. Carbon, Hydrogen, Oxygen, Nitrogen
Sulphur
 2. Amino Acids (20 amino acids)
 3. Amino acids join together, changing the
shape & structure of a molecule
 4. 17 kJ (4 kcal)
 5. 55.5g/day men 19-50
53.3g/day men 50+
45g/day women 19-50
46.5g/day women 50+
 6. Marasmus & Kwashiorkor
 7. Kidney damage (ongoing debate)
- Two broad classes:
- Structural
 - Functional (eg enzymes)

Facts about FAT

- 1) fatty acids, glycerol, methyl. hydrocarbon and acid group
- 2) Saturated, unsaturated, mono. saturated and polyunsaturated fats
- 3) The arrangements of fatty acids and the chains e.g. omega 3 and Omega 6 can change the structure of the sub units e.g. butter is often described as a saturated fat because it has more saturated fatty acids than unsaturated fatty acids
- 4) 1 gram of fat provides 9 calories.
- 5) 76 grams of fat recommended for women and for men 100g
- 6) Insufficient fatty acids could impact on the importance of the formation of the cell membrane particularly in the nerve tissue.
- 7) Coronary heart diseases
 - Arteries full of fat
 - fat cancer, obesity
- 8) fatty rich food especially unhealthy e.g. fish and chips taste good

Facts about FAT

- 1/ Carbon / hydrogen / oxygen
- 2/ fatty acids
- 3/ Saturated are single bond, unsaturated are double bond
- 4/ 1g fat = 37 kJ
- 5/ women 76g Men 100g
- 6/ malnutrition ← lowered immune system
amenorrhoea
- 7/ obesity / cancer / heart disease
- 8/ It provides 37 kJ, more than double that provided by either protein or carbs which provide 17 kJ

