## Nutrients and Beyond! The Six Nutrient Groups Notes

Complete each section with key points of the nutrient.

**Nutrition** 

Water

**Carbohydrates** 

Carbohydrates - Simple

Carbohydrates - Complex

Fats

## Nutrients and Beyond! The Six Nutrient Groups Notes

Complete each section with key points of the nutrient.

**Proteins** 

Vitamins Fat-soluble

Vitamins Water-soluble

**Major Minerals** 

**Trace Minerals**