



Wellness Buddy Wednesday Tip

Test Your Nutrition Wellness Knowledge

1. Name the 6 classes of nutrients.
2. What 3 nutrients provide energy?
3. Name 3 functions of fats.
4. What is cholesterol? What does it do?
5. What is protein? What does it do?

DID YOU KNOW?

According to Tom Parker's book, *In One Day*, each day Americans consume:

170 million eggs

12 million chickens

1.2 million bushels of potatoes

200 million pounds of fresh fruits & vegetables

12.5 million pounds of cheese

3 million pounds of butter

7 million pounds of margarine

3 million gallons of ice cream & ice milk

50 million pounds of sugar

47 million hot dogs

75 acres of pizza

Answers to Test Your Nutrition Wellness Knowledge Questions:

1. Carbohydrates, fats, proteins, vitamins, minerals, and water. 2. Sugars, starches, and fiber. 3. Fats are an important source of calories, carry fat-soluble vitamins into the blood, provide essential fatty acids. 4. Cholesterol is a fatlike substance; an essential part of cell membranes, certain hormones, vitamin D (in the presence of sunlight), the protective sheath around nerve fibers, and bile acids that aid in digestion. 5. A vital part of every body cell. Building and maintaining all body tissues. Proteins in enzymes, hormones, and antibodies also help regulate many body processes.

JCHD Healthy Communities, Healthy People Program

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Nutrition & physical activity *are our mission!*