

Water
Dietary Fiber
Digestion

Carbohydrates
Protein
Fats (Lipids)

1. The nutrient that is the body's main source of energy and is commonly found in rice, bread, and pasta.
2. The nutrient responsible for building and repairing body tissues and muscles.
3. The nutrient that provides the most concentrated source of energy and helps insulate the body.
4. The nutrient that helps regulate body temperature, transport nutrients, and remove waste products.
5. A type of carbohydrate that aids digestion and helps prevent constipation.
6. The process by which the body breaks down food and absorbs nutrients.