

What Are The Essential Nutrients

What Are The Essential Nutrients - 6 Essential Nutrients and Their Functions. An essential nutrient is a nutrient that the body cannot synthesize on its own -- or not to an adequate amount -- and must be provided by the diet. These nutrients are necessary for the body to function properly. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water. Essential nutrients. Macronutrients are eaten in large amounts and include the primary building blocks of your diet — protein, carbohydrates, and fat — which provide your body with energy. Vitamins and minerals are micronutrients, and small doses go a long way. There are six main groups of essential micronutrients and macronutrients. Essential nutrients that do not yield energy, but that are required for growth and proper functioning of the body. Minerals inorganic substance that the body cannot manufacture but that act as catalysts, regulating many body functions. The 6 Essential Nutrients The 6 Essential Nutrients you can't live without. Again the term 'essential' implies... Macronutrients. Macronutrients include carbohydrates, fats, and proteins. Micronutrients. These nutrients include minerals and vitamins.