

main points

- Our food is a mixture of chemicals, mostly high molecular weight covalently bonded compounds.
- Water is the single most abundant compound in our food and we need a supply of water every day.
- Carbohydrate, protein, and fat make up the majority of our diet, along with water.
- Carbohydrates are compounds of carbon, hydrogen, and oxygen in which the ratio of H to O is 2 to 1. Carbohydrate is needed in food principally as a source of energy.
- Fats are compounds of carbon, hydrogen, and oxygen. Fats are also valuable sources of energy.
- Proteins are compounds of carbon, hydrogen, oxygen, nitrogen, and sulfur. Protein is used mainly to build body tissue and to manufacture enzymes that catalyze the chemistry of life.
- In digestion, carbohydrates, fats, and proteins are first broken into much smaller molecules, which are reassembled in our bodies for our own purposes.
- Cholesterol is a necessary part of the body but too much is troublesome.
- Various mineral elements, such as calcium, iron, and phosphorus, must also be obtained from our food.
- Food must contain many vitamins, but in tiny amounts.