



Aunt Cathy

## Macronutrients

### Carbohydrate (CHO)

4 Kcals/g

#### Sugars

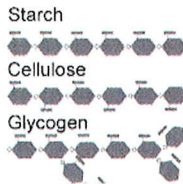
Monosaccharides



Disaccharides



#### Polysaccharides



### Protein and Amino acids

4 Kcals/g

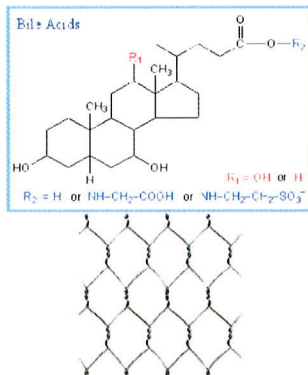


### Lipids

Fats (9Kcals/g)



#### Sterols



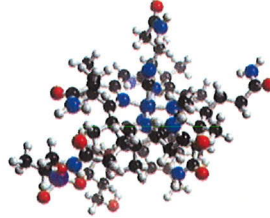
## Micronutrients

(no calories)

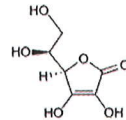
### Vitamins

#### Water Soluble

All B vitamins (e.g. B12)

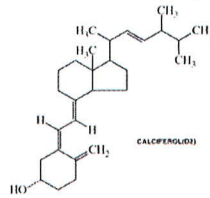


#### Vitamin C



#### Fat Soluble

Vitamins A, D, E, K



### Minerals



Calcium  
Copper  
Iron  
Magnesium  
Manganese  
Phosphorus  
Potassium  
Selenium  
Zinc etc., etc.

## Other

(no calories)

### Phytochemicals

#### Carotenoid Pigments

Anthocyanin red/blue

Carotene orange

Lutein green

Lycopene red

Zeaxanthin yellow

(plus many more)

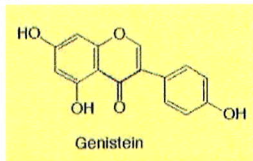


#### Other

Allicin

Flavones

Genistein



Pycnogenol

Resveritrol

Rutin

(plus many more)