



Aunt Cathy

Macronutrients

Carbohydrate (CHO)

4 Kcals/g

Sugars

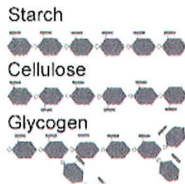
Monosaccharides



Disaccharides



Polysaccharides



Protein and Amino acids

4 Kcals/g

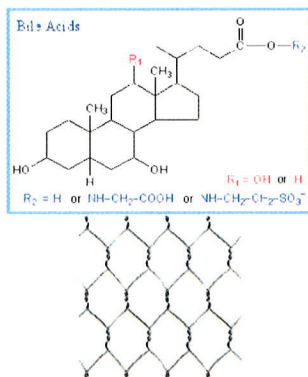


Lipids

Fats (9Kcals/g)



Sterols



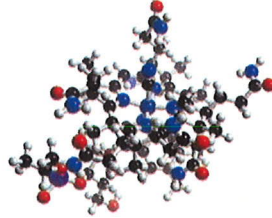
Micronutrients

(no calories)

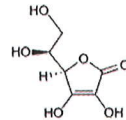
Vitamins

Water Soluble

All B vitamins (e.g. B12)

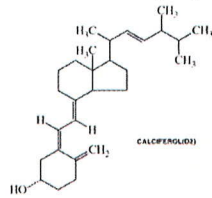


Vitamin C



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)

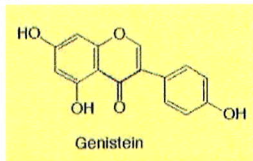


Other

Allicin

Flavones

Genistein



Pycnogenol

Resveritrol

Rutin

(plus many more)