

Nutrients

English: *nutrients*

Czech: *živiny*



Nutrients are not food (generally mentioned), but chemical substances needed for life and grow.

Essential nutrient is such a nutrient, which can not be synthesized by organism, but it must be obtained from external source (e.g. essential amino acids).

1. **Organic nutrients:**

- Proteins
- Sacharides
- Fat
- Vitamins
 - fat soluble
 - water soluble

1. **Anorganic nutrients:**

- Minerals
- Trace elements