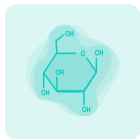


Pack 8: Inside Your Food



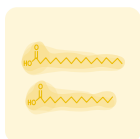
Glucose

A small sugar molecule that your body turns into energy. It comes from the foods you eat. It's the sweetness in fruit, especially bananas, and your cells burn it to keep you moving, thinking, and growing.



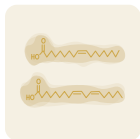
Starch

A long chain of glucose linked together. Plants store sugar this way. When you eat plant foods like bread, rice, and pasta, your body breaks it back down into glucose.



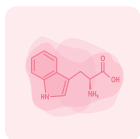
Saturated fatty acid

A fat with a straight chain, so when you have many of them, like you do in butter and coconut oil, each fat molecule can pack tightly together. That's why they are solid at room temperature. Your body stores these fats for energy.



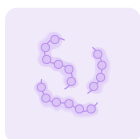
Unsaturated fatty acid

A fat with a bend in its chain. These bends prevent these fats from packing tightly together so they stay liquid at room temperature. Found in avocado oil and olive oil. These fats help build parts of your cells.



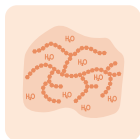
Amino acid

The building blocks your body uses to make proteins. After you eat protein-rich foods like eggs, your body uses these building blocks to create things like muscles, hair, skin, and everything in between.



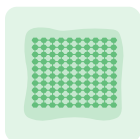
Short protein

A short chain of amino acid building blocks linked together. Longer chains make full proteins, which do almost all the work in your body. Chicken is full of them.



Soluble fiber

The kind of fiber that mixes with water. It turns into a gel in your gut, slows digestion, keeps you full, and feeds your gut bacteria. Found in oats and beans.



Insoluble fiber

The kind of fiber that doesn't mix with water. It moves through your gut unchanged, and helps push food along, making it easier to poop. It's found in foods like broccoli, leafy greens, and fruit skins.