

still not small enough. Minor nutrients, which include all vitamins and minerals, assist the chemical reactions that occur with major nutrient. The digestive system and its accessory organs have evolved to supply individuals with the energy they need to work with these chemical bonds. The blood transports the nutrients to the cells of the body, where they are absorbed to provide energy and needed structural materials. Food provides the material for the structural needs of the body, such as replacing worn-out cells and tissues, building more muscle tissue, and growth. Digestion continues in the stomach and intestines until the food particles are an appropriate size and the nutrients can travel to the body's cells. The process by which nutrients pass through the walls of the digestive tract and into the blood is called absorption. Major nutrients: carbohydrates, proteins, and lipids. Types of Nutrients There are major and minor nutrients.