

Macronutrients

Water	Fat (many kinds)
Calories	Carbohydrate
Protein (Many Kinds)	Fiber

Minerals

Calcium	Sodium
Iron	Zinc
Magnesium	Copper
Phosphorus	Manganese
Potassium	Selenium

Vitamins

C (Ascorbic Acid)	B-6 (Pyridoxine)
B-1 (Thiamin)	Folate
B-2 (Riboflavin)	A (as carotenoids)
B-3 (Niacin)	E (tocopherols)
Pantothenic acid	

Fatty Acids

14:0 (Myristic acid)	18:1 (Oleic acid)
16:0 (Palmitic acid)	20:1 (Eicosenoic acid)
18:0 (Stearic acid)	18:2 (Linoleic acid)
16:1 (Palmitoleic acid)	18:3 (Linolenic acid)

Amino acids

Tryptophan	Valine
Threonine	Arginine
Isoleucine	Histidine
Leucine	Alanine
Lysine	Aspartic acid
Methionine	Glutamic acid
Cystine	Glycine
Phenylalanine	Proline
Tyrosine	Serine

Phytosterols (Many Kinds)