FOOD	MACRONUTRIENT THAT NEEDS TO BE DIGESTED (tested on this column)	WHY the plant or animal puts it there **(not tested on this column unless ***)	WHAT IS ABSORBED INTO VILLI (**tested** on this column)
Table Sugar	sucrose	energy for the developing beet or sugarcane	Glucose, fructose
Butter	Triglycerides	energy and EFAs for growing cow	Glycerol, fatty acids
Soybean oil or other oils from seeds	Triglycerides	energy and EFAs for developing sprout	Glycerol, fatty acids
Milk	*Lactose*	energy for growing calf	*Glucose & Galactose*
	Triglycerides	energy and EFAs for growing calf	*Fatty Acids & Glycerol*
	Protein	AAs for growing calf	*Amino Acids*
Meat like chicken, fish, beef	Triglycerides	energy for muscle cells	Glycerol, fatty acids
	Protein	AAs for building proteins for the animal	Amino acids
"Meat" group like eggs	Triglycerides	energy for developing chick	Glycerol, fatty acids
	Protein	AAs to build chick	Amino acids
"Meat" group like pinto beans (a legume)	Starch	energy for the developing sprout	Glucose
	Protein	AAs for the developing sprout to build proteins	Amino acids
Vegetables like spinach	Protein	gives it structure & helps leaf function	Amino acids
Vegetables like peas	Starch	* will someday be a seed .	Glucose
	Protein	AAs to build seed	Amino acids
Fruit like apples	Sucrose	* sweetness to attract	Glucose, fructose
Bread, rice, pasta (whole or not whole)	Starch	* energy for the developing sprout	Glucose
	Protein	AAs for the developing sprout to build proteins	Amino Acids
Other nutrients that are NOT enzymatically digested	Soluble fiber	to retain moisture	*Nothing*
	Insoluble fiber	structure	*Nothing*
	Cholesterol	to help animal make bile, vit. D etc.?	*Cholesterol*
	Vitamins & Minerals	many functions in the plant & animal	Vitamins & Minerals

NONNUTRIENTS	Phytochemicals Zoochemicals	attract, protect, resist	Phytochemicals Zoochemicals