

Nutrition Exam 1 Study Guide

Nutrition is defined as -

The science that studies food and how food nourishes our bodies, and influences our health

Nutrients required in large amounts that provide us with energy are:

They are: -

Macronutrients

Carbs, lipids, and protein

Nutrients required in small amounts that do not provide energy are:

They are: -

Micronutrients

Vitamins and minerals

How many calories per gram do you get from Carbohydrates, Proteins, and Lipids? -

Carbs: 4

Protein: 4

Lipids: 9

What are the AMDR's for (% of total calories that should come from...) our macronutrients? -

Carbs: 45-65%

Fat: 20-35%

Protein: 10-35%

When a patient is consuming enough of a nutrient, but blood levels are low, they have a _____ deficiency. -

Secondary

The four components of a healthful diet are: -

flexible, adequate, balanced, varied

What are the food groups as indicated by the USDA food guide? -

Grains, vegetables, fruits, proteins, and dairy

The USDA MyPlate guidelines are based on the _____, which are updated every 5 years. -

Dietary Guidelines for Americans

How do you know what nutrition claims can be trusted, and who can you trust with nutrition information? -

You can trust food labels

A registered dietician

academy of sports medicine

What is the difference between nutrient dense and calorie dense foods? Give one example of each. -

Nutrition Study Guide

RJ Alexander



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Table of Contents Nutrition Study Guide

1. Understanding the eBook Nutrition Study Guide
 - The Rise of Digital Reading Nutrition Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Study Guide
 - Personalized Recommendations
 - Nutrition Study Guide User Reviews and Ratings
 - Nutrition Study Guide and Bestseller Lists
5. Accessing Nutrition Study Guide Free and Paid eBooks
 - Nutrition Study Guide Public Domain eBooks
 - Nutrition Study Guide eBook Subscription Services
 - Nutrition Study Guide Budget-Friendly Options

6. Navigating Nutrition Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Study Guide Compatibility with Devices
 - Nutrition Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Study Guide
 - Highlighting and Note-Taking Nutrition Study Guide
 - Interactive Elements Nutrition Study Guide
8. Staying Engaged with Nutrition Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Study Guide
9. Balancing eBooks and Physical Books Nutrition Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Study Guide
 - Setting Reading Goals Nutrition Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Study Guide
 - Fact-Checking eBook Content of Nutrition Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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