

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

Y Pai



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Paul Insel,R. Elaine Turner,Don Ross,2009-04 The Student Study Guide provides a study aid for students and contains multiple choice questions review questions image labeling activities fill in the blanks critical thinking questions key terms and a note taking guide **Pediatric Critical Care Study Guide** Steven E. Lucking, Frank A. Maffei, Robert F.

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