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Nutrition Overview (Chapter 1)

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the body or are made in insufficient amount.... 3: carbs, fats, proteins... supply energy and build tissue in you.... Nutrition... 6 classes... Macronutrients (3)....

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High. $>20\%$ DV for given nutrient.

Label guidelines. Good. 10-19% DV.

Label guidelines. Healthy. low in fat, saturated fat, trans fat, sodium, cholesterol, contains at least 10% DV for at least one of the following:

Vitamins A & C, iron, calcium, protein, fiber. Benefits of PHYtochemicals.

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November 1, 2018 @ 8:00 am - 5:00 pm. This course qualifies for SNA core course certification level 1. This training provides a basic overview of nutrition with an emphasis on the importance of balance in daily food

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**Nutrition 101 - Institute of Child
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classes... Macronutrients (3)....
Nutrients. Essential nutrients.
Macronutrients. is the study of how
food nourishes the body. are
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are made in insufficient amount.... 3:

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Carbs, fats, proteins... supply energy and build tissue in you....

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Question1 What is the major monosaccharide found in the human body? Select one: a. glucose b.

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Question1 Sucrose c. lactose d. galactose

Question2 Which of these is a complex carbohydrate that cannot be broken down by the human digestive process? Select one: a. amino acid b. simple sugar c. starch d. fiber

Question3 What is the purpose of the Dietary Guidelines for Americans

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notes/study guide for NHM101. 9 pages. Spring 2015. Lori Greene. HE 101. Chapter 6: Proteins Structure of Proteins o Proteins are made up of amino acids o Amino acids contain nitrogen (N), carbon (C), hydrogen (H), and oxygen (O) o All amino acids have

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the same basic structure Central carbon atom Hydrogen atom Acid group (COOH) Amino group (NH₂) Side group varies with each amino acid o Proteins are more complex than carbohydrates or lipids due to unique side.

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