

Nutrition 101 Study Guide

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study guide 101 Nutrition 101 | Body Mass Equation Show Up Fitness Online Internship Nutrition 101 - The Basics of Macronutrients [Study Guide 101](#) CARNIVORE Diet (Beginners Guide) Comprehensive 2020 Nutrition 101 Study Guide Essential nutrients. Macronutrients. is the study of how food nourishes the body. are biochemical substances used by the body. not synthesized in 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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Carbohydrates: A compound containing carbon, hydrogen, and oxygen in the same proportions as in water; includes sugars, starches, and most fibers. Protein: An organic molecule made up of one or more intertwining chains of amino acids. Lipids (fats): A group of organic molecules, most of which do not dissolve in water.

STUDY GUIDE EXAM 1 December 20 Autumn 2017, questions and ...

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Basic Nutrition | Nutrition.gov

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Question1 What is the major monosaccharide found in the human body? Select one: a. glucose b. 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 2010? ...

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