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## **Nutrition 101 Study Guide**

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Nutrition 101 Brought to you by the University of Houston. Our Need for Food

- Food affects almost everything we do. It affects how we look, feel, and act. It even affects our abilities -how well we function every day.
- Food has an impact

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on life because it supplies

## **Nutrition 101: Ultimate Guide To Eating Right ...**

Nutrition 101 - Beginner's Guide for Eating Healthy and Clean Remember, food is fuel. You need to eat the right food to fuel and energize your body throughout the day and through your

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workouts. Think of your body like a high performance race car.

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PLAY. Match. Gravity. Created by. ...

Know which leading causes of death in

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the United States are related to nutrition (table 1.2) Heart disease, Cancer, Stroke, Diabetes. What sources of fuel do we use at high intensity exercise?

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think positively & study a little at a time.  
if you got questions wrong go find the right answer, review your notes, go back over sections in the book that you did

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not understand, review “things” i told you that you would need to know/memorize, make note cards for each chapter have someone quiz you using them.

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comprehensive nutrition guide. Get going and get ready for your best body ever! `{{caption}}` Nutrition Q&A. The answers to all your nutrition questions. Let us remove the guesswork, so that you can begin eating for maximum success.

**Comprehensive Final Exam added**

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Definition of Nutrition Definition of Nutrient General functions of nutrients 6 classes of nutrients Kcal from Protein, CHO, fat and alcohol Expect a problem converting grams to Calories and % Calories Macronutrients vs Micronutrients Study designs: case control study, epidemiological study, intervention study, Control group vs

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Experimental group Nutrition responsive diseases ...

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Nutrition 101: Protein Study Guide In High School, the macronutrient I always looked at on a nutrition label was fat, thanks to the low-fat diet craze. In

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College, it was fiber and carbs courtesy of Weight Watchers and Atkins.

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Foods a person usually eats and drinks.

## **NUTRITION 101 : INTRO TO NUTRITION - Straighterline**

Nutrition is the science that interprets the nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake,

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absorption, assimilation, biosynthesis, catabolism and excretion. The diet of an organism is what it eats, which is largely determined by the availability and palatability of foods.

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Studying for Nutrition 101 - Summary

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Study these nutrition flashcards to strengthen your knowledge of fundamental nutrition definitions and concepts. These flashcard sets cover essential...

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