

# Download File PDF Nutrition 101 Study Guide

#Jenny



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#Rio



Cool! I'am really happy

#Markus Jensen



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My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

## Final Study Guide Notes

1. Describe the process by which scientists answer nutrition facts.
  - 1.1. Experimentation
  - 1.2. Double-blind studies
  - 1.3. Randomize the subjects so the testers know who is the control and who is the experimental group
  - 1.4. or else
  - 1.5. Experiment on live beings
  - 1.6. or else
  - 1.7. Test tube experiments
  - 1.8. Usually use animals in the experiments (controls for sets and avoid/define human trials)
  - 1.9. Diet and nutrient combinations
  - 1.10. Experimental studies
  - 1.11. Groups with control and experimental, an actual experiment
  - 1.12. Observational studies
  - 1.13. More realistic and observing (though differences between groups who have the disease and control people without the disease)
2. Define the basic diets, diets and the ability to control.
  - 2.1. Whole grain (wheat)
  - 2.2. WHG (whole grains)
  - 2.3. Cereals (not fermentable)
  - 2.4. Dairy (not dairy)
  - 2.5. Vegetable (vegetables)
2. Define the components and apply the USDA (discovery) you're eating habits.
  - 2.1. High fiber of fruits and veggies
  - 2.2. Omega
  - 2.3. Protein
  - 2.4. Dairy
3. List 10-15 dietary guidelines for promoting health and preventing disease (20-25).
  - 3.1. Reducing calories to manage weight
  - 3.2. Protein and food components to reduce
  - 3.3. Protein and nutrients to increase
  - 3.4. Building healthy eating patterns
  - 3.5. Helping Americans make healthy choices
3. Define macromolecules, bioactive molecules, and micronutrients.
  - 3.1. Carbohydrates - for many calories in nutrients
  - 3.2. Fat - most calories found in the foods and is a source of energy
  - 3.3. Describe the four macromolecules used to assess nutritional status
  - 3.4. Let's go over this one

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