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A substance or molecule containing carbon, carbon bonds, or carbon-hydrogen bonds. Energy-yielding nutrients. The nutrients that break down to yield energy the body can use: carbohydrates, fat and protein. calories. Unit by which energy is measured. kilocalories.

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NatalieASawyerPLUS. Understanding Nutrition-Chapter 1. Nutrition. Diet. Personal Preference. Habit. The science of foods and the nutrients and other substances th... The foods and beverages a person eats and drinks. Choosing food due to taste or flavors.

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## Chapter 1

Chapter 2-4 Chapter 2-4 variety (dietary): eating a wide selection of foods within and among the major food groups. whole grain: a grain that maintains the same relative proportions of starchy endosperm, germ, and bran as the original (all but the husk); not refined. Terms on Food Labels General Terms free: “nutritionally trivial” and unlikely to have a physiological consequence; synonyms ...

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Chapter 1 Whitney Understanding Nutrition, UCO. food choices. the nutrients. Science of Nutrition. diet and health. a number of individual, social, cultural, and environmental fa.... six classes and each one is either organic or inorganic:carbs,.... The study of the nutrients and other substances in foods and t....

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Gravity. Created by. Christen\_N\_Simmons. 12 Edition.  
Terms in this set (76) Nutrition. The science of foods  
and the nutrients and other substances they contain,  
and their actions within the body. Diet.

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nutrients. chemical substances obtained from food  
and used in the body to provide energy, structural  
materials, and regulating agents to support growth,  
maintenance, and repair of the body's tissues.  
Nutrients may also reduce the risks of some diseases.  
nutrition.

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Understanding Nutrition-chapter 1; Michael R. • 22 cards (EAR) Estimated Average Requirement -average daily amount of a nutrient that will maintain a specific biochemical or physiological function in half the healthy people of a given age and gender group. ...

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chemical substance provided to the body in foods/bevs + used to provide energy, structural support + regulation which supports growth, maintenance, repair. Essential nutrient. nutrient the body can't make at all or in sufficient amounts. 6 classes of nutrients. minerals.

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(Chapter 1 provides more details.) In addition to the

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values that serve as goals for nutrient intakes (presented in the tables on these two pages), the DRI include a set of values called Tolerable Upper Intake Levels (UL). The UL represent the maximum amount of a nutrient that appears safe for most healthy people to consume on a regular basis.

## **understanding nutrition chapter 1 Flashcards and Study ...**

Nutrition The science of foods and the nutrients and other substances they contain and of their actions within the body Food is derived from plant and animal sources and provides us with energy and nutrients. How do our bodies use the energy and the nutrients?

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## Chapter 1

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