

NUTRIENTS REVIEW

1. Which nutrient is the body's main source of energy?
2. What are functions of fiber?
3. What are functions of protein?
4. What are the functions of fat?
5. What are the functions of minerals?
6. What are the functions of vitamins?
7. Which fat is considered the most harmful to our health? Why?
8. Explain why you should eat vitamins in food rather than rely solely on supplements.
9. What are most minerals stored as in the body?
10. Which are considered heart-healthy fats?
11. How does water keep your body at a normal temperature?
12. How many egg whites would need to be used to substitute one whole egg?
13. Name 2 other methods that can be used to reduce fat/cholesterol in recipes.
14. What problems can occur with low-carb, high protein diets such as the Atkins diet?
15. How can you reduce your daily sodium intake?
16. How many glasses of water are recommended per day? How can you ensure you get this amount without drinking plain water?
17. What does RDA stand for? What is this used for?
18. How many calories is the RDA typically associated with?
19. What vitamins and minerals are required to be on food labels?
20. When reading food labels, how do you identify the ingredient with the largest weight/mass?
21. Using food labels, be able to compare products based on their caloric and nutrient amounts. If in class, feel free to use food labels provided by your instructor to assess nutrient values.
22. Be able to explain the effects of fast food on our country's health, including what we can do as individuals, as communities, and/or societies as a whole can do in terms of taking responsibility of our dietary choices when eating outside the home.