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Let Food Be Thy Medicine

Human Nutrition Study Guide

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Vitamins. Subdivided into two separate groups by solubility in water or fat so we have water-soluble and fat-soluble. Minerals. Subdivided into two separate groups by the amount present in the body, Major or Trace. Carbohydrate, Protein. _____ and _____ has 4 kcals for each gram. fat.

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These basic functions allow us to detect and respond to environmental surroundings, move, excrete wastes, respire (breathe), grow, and reproduce. There are six classes of nutrients required for the body to function and maintain overall health. These are carbohydrates, lipids, proteins, water, vitamins, and minerals.

Introduction - University of Hawai'i

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The minimal amount of calories the body uses to support itself in a fasting state when resting and awake in a warm, quiet, environment. It amounts to roughly 1kcal per kilogram per hour for me and 0.9 kcal per kilogram for women. Resting Metabolism. use of energy for body maintenance; pumping blood, oxygen utilization, cells, neural activity.

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Human Nutrition - The Uni Guide

Lesson Description. In this lesson, we revise: nutrition in various animals o Herbivores, Carnivores and Omnivores the two different types of human digestion o Mechanical o Chemical. Key Concepts. Nutrition in Animals. Nutrition is defined as the sum of the following processes – ingestion, digestion, absorption, assimilation and egestion. Some definitions that you need to know: o Ingestion is the process where food is taken in o Digestion is the process where large molecules ...

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Study Human Nutrition, Subjects, University of Otago, New ...

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Guide

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Study the Bachelor of Human Nutrition - Flinders University

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