Nutrition Basics Ch. 1

Key Terms

Calorie (“good v. bad kcals”)

Nutrients

Essential and nonessential

Name 6 categories

DRIs

Carbohydrate

Protein

Fat

Cholesterol

Vitamins

Minerals

More key terms

Water

Pytochemicals

Antioxidants

Malnutrition: define & give reasons for

Energy dense vs. nutrient dense foods

Enrichment vs. fortification

Dietary supplements

Food Exchange System