

# Introduction to Principles of Human Nutrition Study Guide Chapters 7-9

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## Chapter 7

### *Chapter 7: Macronutrients*

#### *Key Concepts:*

- The three macronutrients are carbohydrates, proteins, and fats.
- Each macronutrient has a different role in the body.
- Carbohydrates are the body's main source of energy.
- Proteins are important for growth and repair.
- Fats are important for energy, insulation, and cell membranes.

#### *Important Events:*

- The discovery of the three macronutrients.
- The discovery of the role of each macronutrient.

#### *Notable Figures:*

- The scientists who discovered the three macronutrients.

## Chapter 8

### *Chapter 8: Key Concepts*

- The role of carbohydrates in the body
- The different types of carbohydrates
- The recommended intake of carbohydrates
- The effects of carbohydrates on blood sugar levels
- The role of fiber in the diet
- The different types of fiber
- The recommended intake of fiber
- The health benefits of fiber
- The role of sugar in the diet

# Principles Of Human Nutrition A Study In Practica

**Whitman Howard Jordan**



## Principles Of Human Nutrition A Study In Practica:

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Whitman H. Jordan,2017-10-13 Excerpt from Principles of Human Nutrition A Study in Practical Dietetics It is needless to state that the author makes no claim to having written on his own authority but on the other hand he has relied upon the conclusions of those authorities and investigators whose sound scholarship in this field of knowledge is unquestioned The following literature is that which has mainly been considered Metabolism and Practical Medicine Von Noorden trans lated by J Walker Hall d104book of Physiological Chemistry Abderhalden translated by William T Hall About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

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