
Human Nutrition - HNF 150 Exam 1

Whole foods - ✓ ✓ Food that has been processed or refined as little as possible and is free from additives or other artificial substances.

(fruits, vegetables, legumes, nuts, seeds, and grains)

Processed Foods - ✓ ✓ Food processing is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. Processing can be cooking or baking a food, all the way to adding unhealthy things/preserving food.

Six classes of nutrients - ✓ ✓ Carbohydrates (4), proteins (4), lipids (fat-9), water, vitamins, and minerals.

Essential Nutrients - ✓ ✓ An essential nutrient is a nutrient required for normal physiological function that cannot be synthesized (made) by the body, and must be obtained from a dietary source (what you eat).

Nutrient Density - ✓ ✓ How many nutrients you get from a food, given the number of calories it contains. Nutrient density is a simple way to connect nutrients with calories.

(kale, blueberry, salmon, broccoli)

Energy-yielding Nutrients - ✓ ✓ Carbohydrates, fat, and protein. They are what give your body energy (the calories in the them).

Organic/inorganic Nutrients - ✓ ✓ The presence or absence of carbon is what differentiates this nutrient from that one. Carbohydrates, lipids, proteins and vitamins have carbon in their structure, making them what? Water and minerals do not, so they are what?

Calorie - ✓ ✓ A calorie is the energy that it takes to raise the temperature of 1 gram of water by 1 degree centigrade. More importantly, a calorie is a unit that you can use to measure the energy in your food.

Registered Dietitian Nutritionist - ✓ ✓ Food and nutrition experts who have met the following criteria to earn the RDN credential:

- Completed a minimum of a bachelor's degree.

Nutrition Hnf 150

Michal Rosen-Zvi



Nutrition Hnf 150:

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