

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

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

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