

## Nutrition Chapter 1 Cheat Sheet

by Lorann (LorannKearney) via cheatography.com/33811/cs/10547/

Section 1

Nutrition

**Nutrients** 

Food Environment

**Food Processing** 

Section 5

Variable

Placebo

Single-Blind Study

**Double Blind Study** 

Chapter 1 - Nutrition: Food for Health (copy) (cop

Nutrition

Nutrients

Food Environment

Food Processing

**Essential Nutrient** 

Fortified Food

**Enriched Grains** 

Dietary Supplement

Phytochemical

**Energy-Yielding Nutrient** 

Macronutrient

Micronutrient

Organic Molecule

Inorganic Molecule

Kilocalorie

Kilojule

Legumes

Homeostasis

Metabolism

Malnutrition

Undernutrition

Overnutrition

Genes

Nutritional Genomics

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**Nutrient Density** 

Scientific Method

Hypothesis

Theory

Epidemiology

Correlation

Case-Control Study

Human Intervention Study/Clinical Trial

**Experimental Group** 

Control Group

Depletion-Repletion Study

Balance Study

Variable

Placebo

Single-Blind Study

Double Blind Study

1-4, section 1

5-15, section 2

16-22, section 3

23-33, section 4

34-37, section 5



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