

Nutrition Chapter 1 Cheat Sheet

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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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