

[NDT] Lecture Introduction Cheat Sheet

by _primoooooo via cheatography.com/215471/cs/46975/

Terms	
Nutrition & Diet Therapy	science dealing with study of food
nutrients	macro & micronutrients, function, toxicity, food source
substances	products of digestion & metabolism
action	function of food
interaction	how food, substances, and nutrition interact with each other
balance	study how to balance diet

Food Classification (cont)				
	blue marlin, salmon, tune	high protein, high omega-3		
	crabs & lobsters	high sterols, allergens, colesterol		
Glow	body regulation	١		
	saluyot	high iron, fiber, vitamin A, vitamin C		
	animal liver	high iron, choles- terol no fiber, vit C		

Beverages

Alcoholic

Alcoholic

water

soda

liquor

liqueur

safest; most

important

high sugar

high alcohol

low alcohol

Non

Nutrients				
Intangible	property of nu	trients		
Function	Provide Energy	Energy D (carbs, profat)		
		Non-calo Nutrients vitamins,		
	Body Building	water (2/3 weight)	3 body	
		proteins (20% body weight)	globulin & albumin - electrolyte balance thrombin - enzyme to activate fibrin keratin - hari, nails	
			collagen - bone	
	Body Regulating	maintains body flu homeostasis & metabolic process		
		carbs, protein, fats, vitamins, minerals, water		
Chemical	Organic	with	C, P, F,	

Process

Digestion starts from the **mouth** (carbs) to the **stomach**

Nutrient absorption starts from the small intestine to the bloodstream

Food Classification					
Go	supply heat and energy				
	cereal grai	cereal grains, wheat, flour, rice			
	for diabetic pt, use yellow rice for				
	low sugar content				
Grow	body building				
	milk, beans, legumes, meat				
	skim milk	0 fat			
	whole milk	fortified, high fat			
	nonfat milk	low fat			
	fresh milk	pasteurized			
	soya milk	only pwedered plant based			

	(sparkles, wine)		
alcohol dissolves fat and kill bacteria from raw food			
Functiona	; Food		
Whole Food	food at natural state, unaltered, nutrient still intact		
	rougher rice = more nutrients (@husk, bran)		
Fortified Food	food with fortificant to enhance nutrients		
	ex. breastmilk + vitD; rice + Fe;		
Modified Food	Genetically Modified Organism		
	Modification of Recipe		
Empty/jun	k Food		
unhealthy calorie content, no nutrients			

unhealthy calorie content, no nutrients
contributes to plaque formation leading to
atherosclerosis which can lead to cardiovascular dsease (fat deposition @artery

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Macron-

utrients

vitamins

nutrients,

tissues

more concentration

carbon without

carbon

unit: grams

C, P, F

nature

Concen-

tration

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Nutrients (cont)			
	Micronutr- ients	less concentration	
		unit: micrograms	
		vitamins and minderals	
Essent iality	Physio- logical Essential	body can produce from dietary nutrients	
	Biteray nutrients	body cannot produce	

Nutritional Status/Nutritue			
condition of the nutrients	body from using essentiial		
Classigication	good, fair, por		
Determine Status	Degree of Nutrition: 1-3rd degree		
BMI -			

lack/excess nutrients in body

Undernutr- ition	stunting	low height for age	
	underw- eight	low weight for age	
	wasting	low weight for height	
Overnutrition	excess taking of nutrition		
Specific Deficiency	lack of that specific nutrient		
	ex, anemi	a, xeropthatlmia	
Imbalance			

Types	of	Mal	lnı	ıtrit	ion

Acute relate to the present state of mutrition Cronic indicator:stunting, wasting,

underweight

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