

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

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 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 powdered plant-based

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

Beverages		
Non Alcoholic	water	safest; most important
	soda	high sugar
Alcoholic	liquor	high alcohol
	liqueur	low alcohol (sparkles, wine)
<i>alcohol dissolves fat and kill bacteria from raw food</i>		

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/junk Food	
unhealthy calorie content, no nutrients	
contributes to plaque formation leading to <i>atherosclerosis</i> which can lead to cardiovascular disease (fat deposition @artery	

Nutrients			
Intangible property of nutrients			
Function	Provide Energy	Energy Dense (carbs, proteing, fat)	
		Non-caloric Nutrients (water, vitamins, minerals)	
	Body Building	water (2/3 body weight)	
		proteins (20% body weight)	globulin & albumin - electrolyte balance
			thrombin - enzyme to activate fibrin
			keratin - hair, nails
			collagen - bone
	Body Regulating	maintains body fluid homeostasis & metabolic process	
		carbs, protein, fats, vitamins, minerals, water	
Chemical nature	Organic	with carbon	C, P, F, vitamins
		without carbon	nutrients, tissues
Concentration	Macronutrients	more concentration	
		unit: grams	
		C, P, F	



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Nutrients (cont)

Micronutrients less concentration

unit: micrograms

vitamins and minerals

Essential Physiological Essential body can produce from dietary nutrients

Biological nutrients body cannot produce

Malnutrition

lack/excess nutrients in body

Undernutrition stunting low height for age

underweight low weight for age

wasting low weight for height

Overnutrition excess taking of nutrition

Specific Deficiency lack of that specific nutrient

ex, anemia, xerophthalmia

Imbalance

Types of Malnutrition

Acute relate to the present state of nutrition

Chronic indicator: stunting, wasting, underweight

Nutritional Status/Nutrition

condition of the body from using essential nutrients

Classification good, fair, poor

Determine Status Degree of Nutrition: 1-3rd degree

BMI -

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