**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUTRIENT STUDY GUIDE**

1. Water makes up percent of our body weight. We should consume glasses per day.
2. Saturated fats are at room temperature. Unsaturated fats are at room temperature.
3. People with high cholesterol are more likely to suffer a .
4. Substances found in food and used in the body to promote growth and health are called .
5. Vitamin A can be found in foods such as . Vitamin A supports and keeps your skin ­ .
6. The six essential nutrients are
7. 4.
8. 5.

3. 6.

1. are complex substances that occur naturally in animals and plants.
2. Vitamin B helps your body release from your food and can be found in the following foods:
3. Fat-soluble vitamins are dissolved in the body’s and stored for .
4. Water-soluble vitamins are dissolved in the body’s and pass through the body in the form of .
5. The four fat-soluble vitamins are:
6. The two water-soluble vitamins are: and
7. Vitamin C is necessary for healthy and . May also play a role in curing .
8. Vitamin C can be found in
9. When sunlight strikes your skin, your body makes Vitamin .
10. The two most abundant minerals in the body are and . You can find these minerals in foods such as .
11. Vitamin K is necessary for the normal of blood.
12. Vitamin E is found in liquid and protects the body from various kinds of .
13. Name the five vitamins: \_ \_\_\_\_\_\_\_
14. This vitamin helps to build strong bones and teeth: . This vitamin is added to most in the US.
15. Calcium, phosphorous, sodium, potassium, chloride, and magnesium are all examples of .
16. Potassium can be found in foods such as . This mineral helps regulate .
17. is necessary for the normal functioning of the thyroid gland. It is found in and .
18. Complex carbohydrates are also known as .
19. Carbohydrates are composed of , , and . This nutrient is a main source of for the body.
20. Blood is made up mostly of .
21. Proteins are referred to as the of the body. They are made up of small units called .
22. are fatty acids that supply to the body and can be found in foods such as .
23. is found in carbohydrates and helps the digestive system operate efficiently.
24. proteins contain all 9 amino acids. do NOT contain all 9 amino acids.
25. carries oxygen in the blood and gives blood its . Can be found in .
26. A condition in which a person does not get enough iron: .
27. minerals are present in the body in tiny amounts.
28. Too much can cause high blood pressure.
29. Beans, buckwheat, and cornmeal provide this mineral, which benefits the body’s nerves and muscles: .
30. Cholesterol is found in foods derived from .