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Chapter 5: Nutrients at Work. 1. Absorption--nutrients move into the blood stream; usually takes place in the small intestine. 2. Adequate intakes--Dietary Reference Intake used when dietary allowance for a nutrient can't be scientifically established. Anemia--Blood disorder characterized by lack of energy, weakness, shortness of breath, and cold hands and feet; caused by lack of iron. basal metabolism--Minimum amount of energy needed to maintain basic body processes
Calorie--Amount of ...

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Chapter 5 nutrients at work. Movement of nutrients into blood streams. Is used when a lack of scientific information makes it impossible to establish the RDA for a particular nutrient . A blood disorder characterized by lack of energy, weakness, shortness of breath , and cold hands and feet.

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April 10th, 2019 - Nutrients at Work Chapter 5 Objective Explain the impact of nutrients on your body and health Describe standards and guidelines that provide information about nutrient requirements Summarize the steps in the digestive process Explain how nutrients are absorbed transported and stored in the body

Chapter 5 nutrients at work

Title Chapter Objectives CHAPTER 5 Nutrients at Work Identify the nutrients in foods and their main functions. Describe the digestive process and its stages. Summarize the body's absorption of nutrients. Chapter 5 Nutrients At Work Answers It will entirely ease you to see guide chapter 5 nutrients at work answers as you such as.

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Chapter 5 Nutrients At Work

Chapter 5 Nutrients at Work 61 Nutrient Requirements Everyone needs the same nutrients. However, different people need these nutrients in different amounts. For example, women and teenage boys need more iron than men. Nutrients are measured in the metric units of grams (g), milligrams (mg), and micrograms (μ g). To find out how much of each nutrient

UNIT 2 Nutrition Basics

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