Review Questions – DIT 121
Exam #3 - Ch. 10-13

1. Name two vitamin precursors?
2. Name the 4 fat-soluble vitamins and their functions. How do we store them? What are the major food sources of each one?
3. What is beta-carotene?
4. How do we know a food is a rich source of vitamin A or beta-carotene?
5. List the major functions and deficiency symptoms for: calcium, phosphorus, iron, iodine, fluoride, zinc, chloride, sodium, sulfur, chromium, and selenium.
6. What is goiter? Where is it most prevalent? How is it treated?
7. What is the role of fluoride in the diet? What is the best source of fluoride in the diet? What are the characteristics of a deficiency?
8. What enhances iron absorption? What inhibits absorption?
9. When is vitamin/mineral toxicity most likely to occur?
10. Describe the "optimum" nutritional supplement/vitamin pill.
11. Define the role of the intrinsic factor in the stomach. What vitamin needs this intrinsic factor?
12. What is osteoporosis? How is it treated? How can calcium absorption be enhanced?
13. Name two major sources of Vitamin K.
14. Describe the major functions of water & the electrolytes.
15. Compute the sodium content of a food given the amount of salt present. Where do we get most of the sodium in our diet?
16. What does "RAE" measure? What does mg alpha tocopherol measure?
17. How are iron and zinc absorption inhibited?
18. What is the dietary guideline recommendation for sodium intake for health Americans?
19. Name an excellent source of vitamin D found in the diet (food source).
20. Name the nutrient considered most essential to health.
21. What is the impact of chromium supplements on successful weight loss?
22. Name the major function, deficiency disease and best food source for the water soluble vitamins: thiamin, niacin, riboflavin, Folate, vitamin C, B12 and B6.
23. Where is oxalic acid found and what is its impact on nutrient absorption?
24. What is the health impact of lead ingestion?
25. How much calcium is in a glass of milk? 1oz of Cheddar cheese?
26. What is the most commonly used calcium supplement?
27. What is a primary vs. a secondary vitamin deficiency? Which is most common?
28. What vitamin is most toxic?
29. What is the recommended daily intake of calcium for adults, 19-50 years old?
30. Define functional foods and give an example.