CHAPTER ONE

Why do people make food choices?

Nutrients
Definition:

The six classes of nutrients:

Energy yielding nutrients:

Organic & inorganic nutrients:

Essential nutrients:

Non-nutrients:

Nutrition research
Scientific method:

Type of research:
Epidemiological studies:

Experimental studies:
Components of a study:
  Control group:

  Sample size:

  Placebos:

  Double blind study:

  Correlations and causes

Research vs. Rumor—how to evaluate a study

**Dietary Reference Intake**

Estimated Average Requirements:

RDA:
  Energy:

  Vitamins & minerals:

  Uses:

Adequate intakes:

Tolerable upper limits:

Estimated Energy Recommendations (EER):

  Acceptable macronutrient ranges:
Assessment of Populations
Goals for 2010:

Diet & Health

10 leading causes of death:

CHAPTER ONE QUESTIONS