

## ATI SOURCES OF NUTRITION CHAPTER 1

- o **Carbs:** energy for the body
  - 130g/day
  - 45%-65% of calories
  - **Monosaccharides:** glucose (corn syrup), fructose (fruits), galactose (in milk)
    - Basic energy for cells
  - **Disaccharides:** sucrose (table syrup), lactose (milk sugar, maltose (malt sugar))
    - Energy
  - **Polysaccharides:** starches (grains, legumes, root veggies, fiber (whole grains, fruits, veggies))
    - Energy, storage/digestive aid
- o **Fiber:** adds bulk, stimulates peristalsis to ease elimination
  - Women: 25g/day
  - Men: 25g/day
  - Fruits, veggies, oats
- o **Proteins:** tissue building, balance of nitrogen & H2O, backup energy
  - 0.8g/kg
  - 10%-35% of total calories
  - Complete animal sources & soy
  - Incomplete plants
  - Complementary - incomplete proteins that add up to complete
  - Vegan diets lack vitamin B12 (doesn't occur in plants)
  - 4 cal/g of energy
- o **Lipids:** concentrated form of stored energy, hormone production, cell wall structure, padding, insulation, cover nerve fibers, aid in absorption of fat soluble vitamins
  - 200-300 mg/day
  - 20%-35% of total calories
  - 10% of less should come from saturated fat sources
  - Dark meat, poultry skin, dairy foods, added oils
- o **Triglycerides:** supply energy, allow fat soluble vitamin support, form adipose tissue
  - **Saturated fatty acids:** solid @ room temp - animal sources
  - **Unsaturated:** includes monounsaturated (nuts, canola oil, olives, avocado, peanuts) & polyunsaturated (corn, wheat & germ, fish, soybean, safflower, sunflower)
    - From plants
  - **Essential fatty acids:** broken down fats, supplied by diet (omega-3 & 6 - support blood clotting, BP, inflammatory responses)
  - 93% of fat in food
- o **Vitamins:** wound healing, no usable energy for body
  - Water soluble: Vitamin C & B complex
  - Fat soluble: Vitamin A, D, E, K
  - **Vitamin C**
    - Wound healing

# Study Guide For Ati Nutrition

**Lingsheng Yao**

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## **Table of Contents Study Guide For Ati Nutrition**

1. Understanding the eBook Study Guide For Ati Nutrition
  - The Rise of Digital Reading Study Guide For Ati Nutrition
  - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide For Ati Nutrition
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Study Guide For Ati Nutrition
  - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide For Ati Nutrition
  - Personalized Recommendations
  - Study Guide For Ati Nutrition User Reviews and Ratings
  - Study Guide For Ati Nutrition and Bestseller Lists
5. Accessing Study Guide For Ati Nutrition Free and Paid eBooks
  - Study Guide For Ati Nutrition Public Domain eBooks

- Study Guide For Ati Nutrition eBook Subscription Services
- Study Guide For Ati Nutrition Budget-Friendly Options

6. Navigating Study Guide For Ati Nutrition eBook Formats

- ePub, PDF, MOBI, and More
- Study Guide For Ati Nutrition Compatibility with Devices
- Study Guide For Ati Nutrition Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Study Guide For Ati Nutrition
- Highlighting and Note-Taking Study Guide For Ati Nutrition
- Interactive Elements Study Guide For Ati Nutrition

8. Staying Engaged with Study Guide For Ati Nutrition

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Study Guide For Ati Nutrition

9. Balancing eBooks and Physical Books Study Guide For Ati Nutrition

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Study Guide For Ati Nutrition

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Study Guide For Ati Nutrition

- Setting Reading Goals Study Guide For Ati Nutrition
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Study Guide For Ati Nutrition

- Fact-Checking eBook Content of Study Guide For Ati Nutrition
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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