

NUTRITON STUDY SHEET

nutrition-

diet

balanced diet

the old 4 (the 4 basic food groups)

proteins

cholesterol

fiber

CALORIES

1 pound=_____calories

no more than _____ of your calories should come from fat.

nutrients

water

vitamins

water soluble

fat soluble

minerals

carbohydrates

simple

complex

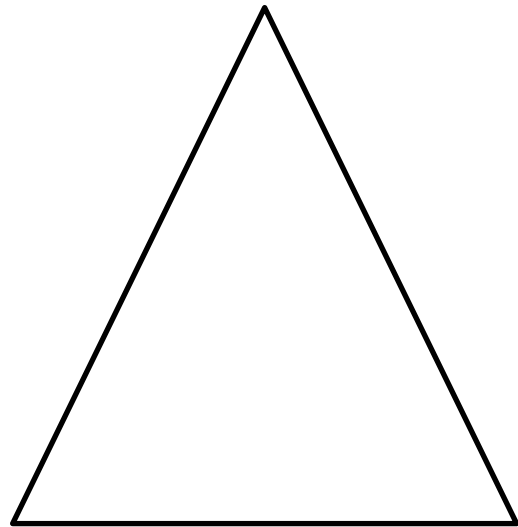
fats

saturated

polyunsaturated

monounsaturated

food guide pyramid



BODY IMAGE

steroids

eating disorders

anorexia nervosa

bulimia

obesity