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Nutrition across the lifespan quizlet

Collapse All To The Top Nutrition 2 Nutrition to Support Wellness Nutrition To Support Wellness What are Micronutrients? vitamins and minerals require smaller amounts, make possible the biochemical reactions that extract energy from macronutrients molecule.sWhat are Macronutrients? carbohydrates, lipids, and proteins required in large amounts, provide energy. What are Vitamins? Organic (carbon-containing) compounds commonly as coenzymes, substances help protein do their job. 13 recognizable vitamins, A, C, D, E, K8 subdivided by numbers (vitamins B1 and so forth) Each have a chemical name Vitamin C = ascorbic acid. What are minerals? Chemical Elements are required for good nutrition. Over 20 dietary minerals. Consider micronutrients and 7 consider macronutrients. Microminerals are needed greater 100 mg. Calcium, magnesium, potassium, and sodium. Microminerals - copper, iodine, iron, and zinc Overweight >25% body fat Obesity

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