Study Guide – Nutrition

**Vocabulary**
- Antioxidants
- Omnivore
- Basal metabolic rate (BMR)
- Organic
- Complete protein
- Saturated fats
- Complex carbohydrates
- Simple carbohydrates
- Essential amino acids
- Trans fats
- Essential nutrients
- Unsaturated fats
- Fiber
- Vegan
- Incomplete protein
- Vegetarian
- Minerals
- Vitamins

**Important Concepts**
What are the 6 groups of essential nutrients required by the body?

Know the most important functions of the above classes of essential nutrients.

Be able to describe basic guidelines for choosing foods for a healthy diet.

What sorts of things to vegetarians need to be careful about when choosing their foods?

Why is it better to eat food that is locally grown? How can eating locally be accomplished?