

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% or 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

Wolfgang Guggemos



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web apr 20 2020 known alternatively as the lowbrow movement pop surrealism is an art form that originated in la s underground scene in the 1970s like other surrealist art forms lowbrow art strives to reach deep into the unconscious mind and bring to

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web jul 1 2021 what sets pop surrealism also known as lowbrow art apart is the incorporation of elements from popular and mass culture sometimes ironic sometimes playful lowbrow art features everything from notable brands and memorable characters to cultural trends and hot takes on current events

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expression members included salvador dali rene magritte meret oppenheim and leonora carrington

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