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Carbohydrates: A compound containing carbon, hydrogen, and oxygen in the same proportions as in water; includes sugars, starches, and most fibers. Protein: An organic molecule made up of one or more intertwining chains of amino acids. Lipids

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(fats): A group of organic molecules, most of which do not dissolve in water.

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Nutrition 101 - Institute of Child Nutrition

Question1 What is the major monosaccharide found in the human body?

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Select one: a. glucose b. sucrose c. lactose d. galactose Question2 Which of these is a complex carbohydrate that cannot be broken down by the human digestive process? Select one: a. amino acid b. simple sugar c. starch d. fiber Question3 What is the purpose of the Dietary Guidelines for Americans 2010? ...

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Exam 1 Study Guide - Nutrition 101. Spring 2015. Lori Greene. HE 101. Study Guide for NHM101 Exam 1 on 2/2/15 Includes notes from lectures & book

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