

Types of Nutrients

Describe the six classes of nutrients.

What are two functions of complex carbohydrates?

What are the recommended daily allowances for a teenage male and female for the following:

	Male	Female
Total Calories		
Fat		
Protein		
Carbohydrates		
Cholesterol		
Sodium		
Fiber		
Water		

Name two mineral deficiencies and identify the minerals involved.

Explain the Food Guide Pyramid:

