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the science of how foods affect the human body to promote heal... H2O/Vitamins/Minerals/Protein/fats-lipids/carbs. protein 10-35% /

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Not just one food. Carb AMDR for a typical
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of the calories throughout the day should

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CARBS-45-65% FATS -20-35% PROTEINS- 10-35% »
Macronutrient : Big nutrients that supply
calories. Carb, Fat, protein » Tolerable
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__ Web links __ Textbook ("Nutrition in Public Health") __x__ I have successfully answered questions from my weakest

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competencies on the Nutrition Study Guide (<=click link). (This does not need to be submitted to your instructor.) x I have gone to the Student Success Center and the WGU NursesRock website and viewed relevant links, thoughtfully considering how they apply to me.

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WGU Course Descriptions and Courses of Study

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Lastly, I printed the course study guide (probably housed in the “course chatter box” now) which was compiled by the course mentors and made sure I knew all 100 of those questions very well. In my opinion the OA was identical to this practice study guide.

Nutrition:

WGU- Single Term Completion Tips - Momma Maven

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Identify the 6 classes of nutrients esse...
Recognize the key energy nutrients esse...
Nutrition is the study of nutrients and the

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processes by which... We need nutrition to provide energy and to help regulate body...

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Most people find that the 'unofficial study guide' and the suggested youtube assessment videos help more than the suggested text, as the text has a lot of diagnosis - and the test is 'assessment' not diagnosis. Nutrition - this test is tricky - I also took this in the first week of my first and only term.

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