



Presents

# The Nutty, Nouget-Filled World of Human Nutrition

1998 Cerebellum Corporation • 800-VCR-REVU

## **I. Introduction to Human Nutrition**

- A. Nutrients
- B. A Quick Word About Calories
- C. Nonnutrients
  - 1. Macronutrients
  - 2. Micronutrients
- D. Nutrition: Standards and Guidelines
  - 1. Committee on Dietary Allowances
  - 2. RDA: Recommended Dietary Allowance
  - 3. Food Guide Pyramid
  - 4. Exchange List System
  - 5. Food-born Illness

## **II. The Remarkable Body**

- A. The Digestive System
- B. Parts and Processing

## **III. Macronutrients**

- A. Carbohydrates
- B. Fats
- C. Protein
- D. Protein Quality and Protein Deficiency
- E. Vegetarians

## **IV. Micronutrients**

- A. Vitamins
- B. Minerals

## **V. Water**

- A. Functions of Water
- B. Water Balance

## **VI. Energy Balance, Weight Control, and Metabolism**

- A. Energy Balance
- B. Weight Control and Metabolism
- C. Causes of Obesity and Metabolism
- D. Eating Disorders

## **VII. Nutrition and Disease Prevention**

- A. Nutrition and Immunity
- B. Diabetes
  - 1. Type I
  - 2. Type II
- C. Atherosclerosis
- D. Nutrition and Cancer

## **MNEMONICS**

### **The Six Nutrients:**

**C**ould → **C**arbohydrates  
**F**anny → **F**ats  
**P**lay → **P**rotein  
**V**iolin → **V**itamins  
**M**uch → **M**inerals  
**W**orse → **W**ater

### **The First Two Sphincters:**

**C**ardiac and **P**yloric Sphincters = **CP**'s

### **The Seven Functions of Tissue Fat:**

#### **TEC-V-TEN**

1. **T**issue Membrane Structure
2. **E**nergy
3. **C**ell Membrane
4. **V**ital Organs
5. **T**hermal Insulation
6. **E**ssential Precursor
7. **N**erve Impulse

### **Fat Soluble Vitamins:**

**A**ll **D**ogs **E**at **K**ittens = Vitamins **A**, **D**, **E**, and **K**

### **Macrominerals:**

**C**an → **C**alcium  
**C**andy → **C**hloride  
**M**ake → **M**agnesium  
**P**retty → **P**otassium  
**P**ictures → **P**hosphorous  
**S**ell → **S**odium  
**S**wiftly → **S**ulfur

### **Parts of the Small Intestine:**

**D**on't → **D**uodenum  
**J**ump → **J**ejunum  
**I**n → **I**leum

# Food Guide Pyramid

Fats, Oils  
& Sweets  
**Use Sparingly**



Milk, Yogurt &  
Cheese Group  
**2-3 Servings**



Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 Servings**



Vegetable  
Group  
**3-5  
Servings**



Fruit  
Group  
**2-4  
Servings**



Bread, Cereal,  
Rice, & Pasta Group  
**6-11 Servings**