

Nutrition Test Question With Answer

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Nutrition Test Question With Answer TOP 50+ Food & Nutrition Multiple choice Questions and Answers: Question 1: What are the 7 elements of nutrition?, Question 2: What are the careers in food and nutrition?, Question 3: Are nutritionists in high demand? Food & Nutrition Multiple choice Questions & Answers Correct Answer: Many whole-grain products are good sources of dietary fiber, but not all of them. Nutritious whole-grain foods should list a whole grain as the first or second ingredient, after water. Nutrition Quiz: Dietary Guidelines, Proteins, Fats, Grains ... Nutrition Questions and Answers Test your understanding with practice problems and step-by-step solutions. Browse through all study tools. Nutrition Questions and Answers | Study.com (b) and (d) Fish has about 20 grams of protein in 3 ounces, cooked, as much as meat; fatty fish (such as salmon, sardines, halibut, black cod) also provide omega-3 fats, which may reduce the risk of cardiovascular disease and other disorders.(Note that it's best to get your omega-3s from fish, not supplements, since recent studies on omega-3 pills have been disappointing.) Nutrition Pop Quiz: Test Your Nutrition Knowledge ... Nutrition Practice Test Questions; Nutrition Practice Test Questions. ... Answers and Explanations. 1. A. In addition to the above-mentioned foods, legumes (including broad beans, pinto beans, and soybeans) are good sources of antioxidant vitamins and a variety of phytonutrients that often act as antioxidants, protecting the cells of the body ... Nutrition Practice Test Questions Introduction to

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