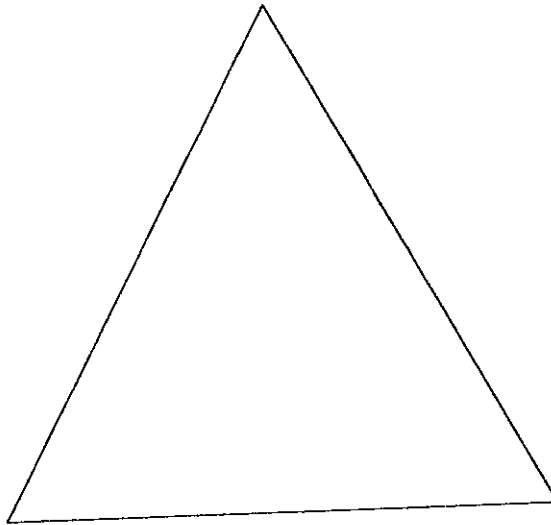


- a. _____
 b. _____
 c. _____
 d. _____
21. A deficiency of _____ may cause anemia.
 22. A deficiency of _____ may cause muscle cramps.
 23. Proteins that are _____ contain all the essential amino acids.
 24. _____ are a group of compounds containing fatty acids combined with an alcohol.
 25. _____ is a fat found in animal products like meat, eggs, cheese and ice cream.
 26. There are two types of number 25, name and define these fats.
 a. _____
 b. _____
27. The best type of fat, which helps to lower number 25, is _____ fat.
 28. True/False – The two most important steps you can take to lower number 25 are to reduce your intake of foods high in polyunsaturated fat and to lose weight if you are overweight.
 29. Label the following picture, include the types of food in each, the number of servings required, and the percent of dietary requirements.



Bonus question 10 points:

1. A physician orders a diet of 20gm of protein, 300gm of carbohydrate, and 80gr of fat. What are the total calories, and how much caloric value is there in protein, carbohydrates, and fat? Calculate the percentage of protein, carbohydrates, and fat.