

MICRONUTRIENTS

1. vitamins and minerals needed for health
 2. degree to which a substance causes harm
 3. the body is approximately this percentage of water
 4. average consumption of water should be this for men
 5. average consumption for a woman should be
 6. water at this temperature will aid in rapid gastric emptying
 7. if workouts are going past 60 min, drink something with at least this percent of carbs
 8. On top of the 3L, or 2.2L, drink this many ounces for every 25lbs overweight
 9. dehydration affects circulatory function and decreases performance
 10. amount of heat energy required to raise 1 gram of water by 1 degree Celsius
 11. amount of energy expended at rest
 12. additional energy use for digestion; 6-10% of total energy expenditure
 13. energy expended during physical activity is around this percent of total energy spent
 14. protein recommendation for sedentary adult
 15. protein recommendation for strength athletes
 16. protein recommendation for endurance athletes
 17. what percentage of protein should a person's intake be daily
 18. how many calories do carbohydrates and proteins provide
 19. carbohydrate recommendation
 20. grams of fiber per day recommendation
 21. carbohydrate recommendation percentage per day
- A. resting metabolic rate (RMR)
 - B. micronutrients
 - C. 2.2L
 - D. 60
 - E. 20-35%
 - F. 10-35%
 - G. Thermic effect of food (TEF)
 - H. 2-4
 - I. 30-60
 - J. .6 g/lb/day
 - K. 4 calories for each gram
 - L. dehydration
 - M. 8
 - N. Calorie
 - O. 30 min
 - P. cold
 - Q. toxicity
 - R. 45-65%
 - S. 28-38g
 - T. 3L
 - U. 8

22. how many calories is 1 gram of fat? V. 5 g/day
23. what percentage of fat is recommended daily W. 9
24. Eat a high carb meal this many hours before exercise for performance X. .8 g/lb/day
25. eat 1.5g of carbs per kg of weight this many minutes before exercise to max glycogen stores Y. 20
26. Eat this man grams an hour of carbs during exercise lasting more than 60 min Z. .4g/lb/day