



STUDY GUIDE

NASM Fitness Nutrition Specialist

Textbook: Nutrition by Paul Insel

Chapter 1

PART 1: List and define the 6 Classes of nutrients. List all the Macronutrients and Micronutrients. List the three general functions of nutrients in the body. Define: essential nutrients, antioxidant, organic, and inorganic. Do most foods contain a mixture of many nutrients or typically one nutrient?

PART 2: Is water considered a nutrient? Explain. What percentage of the human body is made up of water?

PART 3: Define a calorie and a kilocalorie. List the kilocalories in one gram of PRO, CHO and FAT. Why do you think fats have been vilified in our nutritional recommendations? When considering calories and weight management, how should we eat if we were looking to lose weight?

PART 4: List and describe the Core Nutrition Concepts from the Linking Nutrients, Foods and Health section.

PART 5: When considering Physical Activity Guidelines for Americans, how many minutes are recommended on a daily basis?

Chapter 2

PART 1: List and define the 4 Dietary Reference Intakes.

PART 2: Describe the functions of the Food and Drug Administration (FDA). What do they do?

PART 3: From Reading the Nutrition Facts Panel section, list all micronutrients that *must* appear on all standard nutrition labels. Discuss the difference between fortified and enriched.