**Nutrition Vocabulary**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mods:\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Nutrients:
2. Malnutrition:
3. Undernutrition:
4. Overnutrition:
5. Carbohydrate:
6. Proteins:
7. Fats:
8. Vitamins:
9. Minerals:
10. Fiber:
11. Energy:
12. Glucose:
13. Fatty Acids:
14. Amino Acids:
15. Calories:
16. Starch:
17. Glycogen:
18. Sugars:
19. Empty Calories:
20. Saturated:
21. Unsaturated:
22. Polyunsaturated:
23. Trans Fats
24. Cholesterol
25. Essential Amino Acids:
26. Vegetarians:
27. Fat-Soluble:
28. Water-Soluble:
29. Antioxidant:
30. Free Radicals:
31. Osteoporosis:
32. Anemia:
33. Hypertension: