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April 10th, 2019 - Nutrients at Work Chapter 5 Objective Explain the impact of nutrients on your body and health Describe standards and guidelines that provide information about nutrient requirements Summarize the steps in the digestive process Explain how nutrients are absorbed transported and stored in the body

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Title Chapter Objectives CHAPTER 5 Nutrients at Work Identify the nutrients in foods and their main functions. Describe the digestive process and its stages. Summarize the body's absorption of nutrients. Chapter 5 Nutrients At Work Answers It will entirely ease you to see guide chapter 5 nutrients at work answers as you such as.

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*Chapter 5 Nutrients At Work*  
Chapter 5 Nutrients at Work 61 Nutrient Requirements Everyone needs the same nutrients. How-ever, different people need these nutrients in different amounts. For example, women and teenage boys need more iron than men. Nutri-ents are measured in the metric units of grams (g), milligrams (mg), and micrograms (?g). To find out how much of each nutrient

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