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4 PART 1 NUTRITION BASICS AND APPLICATIONS Daily Reference Values (DRVs): a set of values that covers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV). Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of its qualities and effects

Nutrition Basics and Applications

2 Nutrition Guidelines: Applying the Science of Nutrition 30. Case Study 31. The Development of Nutrition Recommendations 31. Dietary Reference Intakes 34. The Dietary Guidelines for Americans, 2015-2020 37. MyPlate: Putting the Dietary Guidelines into Practice 42. Food and Supplement Labels 48. Other Nutrition Guidelines 57. Assessing ...

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