Human Physiology 110

Nutrition Webquest Links

Essential Nutrients

<https://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>

Nutrients Video

<https://www.youtube.com/watch?v=CiOBhgxdhYo>

Food Labels

<https://choosemyplate-prod.azureedge.net/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf>

<https://www.move.va.gov/docs/NewHandouts/Nutrition/N10_HowToReadAFoodNutritionLabel.pdf>

Calories

<https://www.youtube.com/watch?v=U4W78cnN0OU>

<https://healthyeating.sfgate.com/convert-fat-grams-calories-5127.html>

Diet Craze

<https://draxe.com/nutrition/diets/fad-diets/>

Eating Disorders

<https://kidshealth.org/en/parents/eating-disorders.html>

Seeking Help

<https://www.nationaleatingdisorders.org/learn/help/caregivers>

Fast Food Nation

<http://www.myfitnesspal.com/food/search>