



# Nutrient Flash Cards

**Revision.**



**Just do it.**



# Macronutrients

A macronutrient is...



# Fat

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Carbohydrates

Sources

Deficiency (too little)

Functions

Excess (too much)



# Protein

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Protein

## High Biological Value Protein

What it is?

Where is it found?

## Low Biological Value Protein

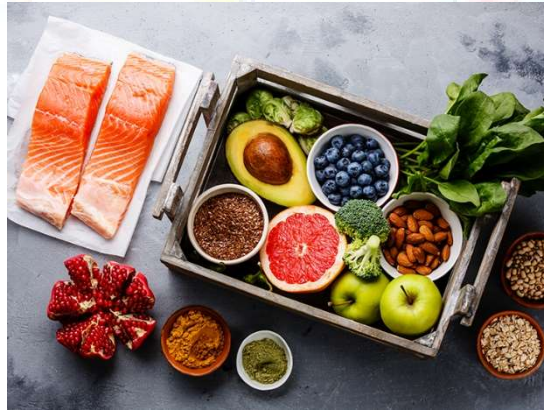
What it is?

Where is it found?



# Micronutrients

A micronutrient is...



# Fat Soluble Vitamins

A fat soluble vitamin is...





# Vitamin A

Key Info e.g. Scientific name (retinol)

Sources

Deficiency (too little)

Functions

Excess (too much)



# Vitamin D

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin E


## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin K

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Water Soluble Vitamins

A water soluble vitamin is...



# Vitamin B1

Key Info e.g Scientific name (thiamine)

Sources

Deficiency (too little)

Functions

Excess (too much)



# Vitamin B2

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin B3

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)





# Vitamin B1

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin B6

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin B7

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin B9

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin B12

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Vitamin C

## Key Info

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Minerals

A mineral is...



# Phosphorous

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)





# Calcium

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Iron

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Sodium

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Iodine

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)



# Fluoride

## Sources

## Deficiency (too little)

## Functions

## Excess (too much)