

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Proteins** - A class of nutrients that the body uses to build and repair body tissues.
- **Amino acids** - The basic building blocks of protein.
- **Vitamins** - Organic substances essential for normal bodily metabolism, growth, and development.
- **Antioxidants** - Compounds that prevent oxygen from combining with other substances it might damage.
- **Minerals** - Inorganic elements needed by the body.
- **Dietary Reference Intakes (DRIs)** - Four types of nutrient standards that are used to establish adequate amounts and maximum safe nutrient intakes in the diet:
- **Daily Values (DVs)** - Reference values for nutrients and food components used in food labels.
- **Estimated Energy Requirement (EER)** - The average dietary energy (caloric) intake that is predicted to maintain energy balance in a healthy adult of defined age, gender, weight, height, and level of physical activity, consistent with good health.