• Vitamins
  o Fat soluble → A, D, E, & K
  o Water soluble → C, 8 B-complex, thiamin, riboflavin, niacin, pyridoxine, folate, B-12, biotin, and Pantothenic acid
• Carbs
  o Simple Carbs → bad
  o Complex Carbs → good
  o Digestion → in mouth and small intestine, broke down into glucose.
• Fiber
  o Dietary Fiber → non-digestible carbs. Naturally
  o Functional Fiber → non-digestible. Isolated/synthesized
  o Total fiber = dietary + functional fiber
  o Sources → plants
• Coping with Death
  o 1. Denial
  o 2. Anger
  o 3. Bargaining
  o 4. Depression
  o 5. Acceptance
• Three Sources of Energy:
  o Fat = 9 calories/gram
  o Protein = 4 calories/gram
  o Carbs = 4 calories/gram
• Types of Fat
  o Saturated
  o Monounsaturated
  o Polyunsaturated
• 6 essential nutrients
  o Proteins
  o Fats
  o Carbs
  o Vitamins
  o Minerals
  o Water
• Life Enhancing Measures:
  o Read
  o Puzzles
  o Learn a new language
  o Study music
  o Physical fitness
  o Eat wisely
• Alcohol use during pregnancy:
  o No safe level of alcohol
  o Effects: FAS and ARND