Chapter 4 Protein

Based on information found in Chapter 4 of the Reference Manual

1.) Proteins are necessary for:
   - Glycogen
   - Tissue Synthesis
   - Hydration

2.) Protein is more important than all other nutrients in the body:
   - True
   - False

3.) Proteins are complex structures made up of:
   - Amino Acids
   - Citric Acids
   - Carbonic Acids

4.) Always present in protein is:
   - Magnesium
   - Helium
   - Nitrogen

5.) Every body requires the exact same amount of protein:
   - True
   - False

6.) “Limiting” Amino Acids (found in cereals, millets and grains) means:
   - They exist in smaller quantities and not in proper balance
   - They limit the amount of fat your body is able to store
   - They limit the amount of water your body is able to absorb

7.) In discussing amino acids, the term __________________ refers to a specific nutrient the body requires, but is not capable of producing:
   - Essential
   - Mandatory
   - Unlimited
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8.) If one amino acid is supplied in a smaller amount than necessary, then the total amount of protein that can be synthesized from all other amino acids will be limited
  - True
  - False

9.) If one essential amino acid is completely absent, the other amino acids:
  - Can not be utilized and are therefore wasted by the body
  - Are stored as fat
  - Converted into carbohydrate

10.) In order for protein synthesis to occur the body requires:
  - Partial proteins
  - Complete proteins
  - Compressed proteins

Notes:
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