

Nutrition 219 Study Guide: Chapters 13, 14, 15, 16

Chapter 13: Trace Minerals:

What protein carries iron in the bloodstream?

What iron containing compound carries oxygen in the bloodstream?

What protein carries oxygen in the muscle cells?

What is the average lifespan of the RBC?

What is the major storage form of iron?

What factors enhance the absorption of iron?

What foods reduce the absorption of iron?

What is the function of MFP factor and what foods is it found in?

Approximately what percentage of iron is normally absorbed overall?

Know the process of iron absorption and recycling.

What is the major cause of iron deficiency?

Who is most susceptible to iron deficiency?

What deficiency would a low level of hemoglobin indicate?

What foods have iron added to them in fortification?

What binds with zinc and limits its bioavailability?

What transports zinc?

Zinc deficiency may result in what conditions?

Know the process of zinc absorption and recycling.

What are the best food sources of zinc?

What mineral is necessary for thyroxine production?

What condition results from iodine deficiency?

What can result from iodine deficiency during pregnancy?

What are the best food sources of iodine?

What are the best sources of fluoride?

What condition does fluoride deficiency result in?