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Hey everybody and congratulations for putting effort into learning the ISSA nutrition certification. On this page you will find a full study guide that goes over every chapter, a practice test, study flashcards and much more.

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by. mushimay87. NTR 213. Terms in this set (35)

Processes of Nutrition is studied at four levels.

What are they? 1. Nutritional Genomics (genes and our body) 2. Cell & Molecular Nutrition (metabolism, molecular level) 3. Clinical Nutrition (lab ...

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[that is directly related to nutrition. True or False. True.](#)

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[1\) Which of the following BEST describes nutrition? A\) Nutrition is](#)

[not a science. B\) Nutrition is the science that studies food and how](#)

[food nourishes our bodies and influences our health. C\) Nutrition is](#)

[an ancient science that dates back to the fourteenth century. D\)](#)

[Nutrition is the science of food.](#)

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[this set \(88\) A certain amount of fiber in foods contributes to the health of](#)

[the digestive tract, but too much fiber leads to nutrient losses. The](#)

[characteristic of diet planning illustrated by this statement is ...](#)