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nutrition GUIDE - USADA

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New York State Department of Civil Service

Organic compounds are those that have carbon atoms. In living systems, large organic molecules, called macromolecules, can consist of hundreds or thousands of atoms. Most macromolecules are polymers, molecules that consist of a single unit (monomer) repeated many times

Nutrition For Nurses - Nursing School Hub

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Basic Nutrition | Nutrition.gov

This nutrition guide provides general guidelines to help optimize dietary intake for sports competitors. Fueling requirements can vary depending upon an individual ' s energy expenditure, metabolism, state of health, sport, etc. Now more than ever, athletes need accurate sports nutrition information. Optimal

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The New York State Department of Civil Service has developed this test guide to familiarize you with the written test for the Dietitian and Nutritionist Series. This test guide provides a general description of the majority of the subject areas which will be tested and the different types of questions on the test.

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