19 Concept Map

FOR USE WITH CHAPTER 6, LESSON 3

## Nutrition for Individual Needs

Complete the concept map on nutritional needs for different individuals. Use the Directions > following terms or phrases: lacto-ovo, alcohol, nutrient-dense, medications, dehydration, vegan, electrolytes, megadoses, complete, vitamin  $B_{12}$ , and  $\frac{1}{2}-1$  lb.

	/
\	/ eats only foods from plants
	must take
nutrient supplement	/ / supplement
void	\$ / \[ \frac{7}{1-4-1-4-1-4-1-4-1-4-1-4-1-4-1-4-1-4-1-4
may need more	vegetarian
of certain vitamins	vegetarian  will eat dairy foods and eggs
may need more of certain vitamins come	will eat daily loods and eggs
can \	must eat incomplete proteins in a
nterfere with nutrient absorption	combination that will yield
	proteins
Nutri	ition for
	dual Needs
more fluids /	nutrient supplements
before and after workout	avoid megadoses
prevent/	
prevent imbalance of/	nutritional needs
	್ಟ್ರ್ \ may need more calcium,
more calories	iron, folic acid
eat foods / E	nutritional needs  may need more calcium,  iron, folic acid  avoid tobacco,
	avoid tobacco,
weight / *	and other drugs
loseper week	
gain 2 lbs. per week / /	
lentify one nutritional need to which an athlete	should give careful attention and one to which a
egetarian should give careful attention.	
- Aller - Alle	