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### Understanding Nutrition Whitney 2013 2nd

She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several college nutrition textbooks, including UNDERSTANDING NUTRITION, and UNDERSTANDING NORMAL AND CLINICAL NUTRITION.

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4. Which of the following is the defining characteristic of a nutrient-dense food? (A) contains a low amount of kcalories relative to volume (B) high in weight relative to volume (C) contains a ...

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The second class, transferases, transfers chemical groups, such as a methyl group, between substrates. The third group, hydrolases, catalyzes the splitting of a substrate using water. The fourth type, lyases, catalyzes the removal of groups from substrates without using water.

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