

Unit 3 Study Guide – Chapter 13

Micronutrients in Energy and Amino Acid Metabolism

- What are some of the B-vitamins that play a role in energy metabolism?
- Vitamins and minerals do not contain _____, and therefore, they do not provide energy directly.
- Transamination and deamination require vitamin _____. As a result, a severe deficiency in this nutrient makes all of the amino acids essential.
- What is an apoenzyme?
- What is a cofactor/coenzyme?
- What is a holoenzyme?
- What is one nutrient involved in decarboxylation reactions?
- What are two nutrients involved in one-carbon unit transfers?
- How does physical activity impact a person's need for B-vitamins? Why?
- Make sure you know all the following coenzymes for the exam! There is likely a question on this. Be able to identify the vitamin that makes up each coenzyme.
 - TPP = _____ (Thiamin or Vitamin ____)
 - FAD = _____ (Riboflavin or Vitamin ____)
 - FMN = _____ (Riboflavin or Vitamin ____)
 - NAD = _____ (Niacin or Vitamin ____)
 - NADP = _____ (Niacin or Vitamin ____)
 - Pantothenic Acid is a part of Coenzyme _____
 - PLP = _____ (Pyridoxine or Vitamin ____)
- For each of the vitamins, you should be able to identify sources of the nutrients, and their major function.
- Thiamin (Vitamin ____)
 - Needed to metabolize what?
 - What are some sources? Which animal product is a good source?
 - What are the 3 BCAAs?
 - What are the diseases that can result from a thiamin deficiency?
 - _____ is a thiamin deficiency disease that is often associated with diets consisting of mainly _____.
 - Wet _____ affects the _____ system
 - What are some symptoms of this condition? Can you explain why these symptoms arise?
 - Dry _____ affects the _____ system
 - What are some symptoms of this condition? Can you explain why these symptoms arise?
 - Remember what WKS is!
 - Why is this connected to alcohol abuse?
- Riboflavin (Vitamin ____)
 - Riboflavin is a component of two coenzymes, including:
 - What are some of the functions of this nutrient?
 - What are some food sources of riboflavin?

Micronutrients Study Guide Answers

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Micronutrients Study Guide Answers:

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