

Nutrition Study Guide  
Chapter Eight  
Water and Minerals

- 1 How is water “compartmentalized in the human body?
- 2 What is osmosis?
- 3 What is water balance? Contributors to each side?
- 4 What will stimulate thirst?
- 5 How do the kidneys regulate body water?
- 6 What is the function of antidiuretic hormone? Significance of alcohol?
- 7 What is dehydration? Symptoms?
- 8 What is water intoxication? Possible dangers?
- 9 What are mineral? As cofactors?
- 10 What are electrolytes? Importance?
- 11 What is hypertension? What is DASH?
- 12 What is the amount of sodium seen in less processed and more processed food?
- 13 What is bone? Structure? Important cell types?
- 14 What is osteoporosis? Cause? Role of diet? How to avoid condition?
- 15 What is the significance of Vitamin D, calcitriol, and parathyroid hormone in bone?
- 16 What is the significance of Iron? What condition may occur due to a deficiency of iron?
- 17 What conditions may occur in an adult due to a deficiency of iodine? Why?
- 18 What condition may occur to a young person due to a deficiency of iodine? Why?
- 19 What is the benefit of adding fluoride to water?