

# Pharmaceuticals – Nutrients and Health

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1. **Monosaccharides** is the primary chemical structure of carbohydrates.
2. **Vitamin B3** is considered a macronutrient due to its necessity in large quantities.
3. A balanced diet should NOT be overly abundant in **Simple sugars**.
4. **Improved digestive health** is the primary health benefit of maintaining a balanced diet high in fiber.
5. **Recommended Dietary Allowance (RDA)** term describes the minimum amount of nutrients needed to maintain health, as per dietary guidelines.
6. **Scurvy** disease is commonly associated with a chronic deficiency of vitamin C.
7. **Iron** deficiency is primarily responsible for anemia.
8. **Higher risk of obesity** is a significant health risk associated with high consumption of junk foods?
9. **Fiber** is significantly lost when refining grains?
10. Fortification of milk with **Vitamin D** has helped reduce rickets?
11. **Adding folic acid** is a common method used to fortify flour?
12. What does fortification of salt with iodine prevent? **Goitre**.
13. **Fresh vegetables** are NOT a commonly fortified food?
14. How does fortification of foods primarily benefit public health? **By preventing nutrient deficiencies**.
15. **Risk of hypervitaminosis** is a primary concern regarding the overconsumption of fortified foods?
16. **Fat-soluble vitamins** are more prone to causing toxicity when consumed in excess?
17. The calorific value of **Fats** macronutrient is highest per gram.
18. **Proteins** is primarily responsible for muscle repair and growth.
19. Excessive consumption of which macronutrient is most directly associated with heart disease?  
**Saturated fats**.
20. How does a high intake of junk food typically affect blood sugar levels? **Causes rapid fluctuations**.