Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutrients Note-Taking Sheet

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| Nutrient | Define Nutrient | Benefits | Food Sources | Deficiencies |
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|  |  |  |  |  |
| Nutrient | Define Nutrient | Benefits | Food Sources | Deficiencies |
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