**KT - Nutrition**

**\*Those who want to achieve a high score/place high we highly recommend purchasing the book(s).\***

<https://quizlet.com/114149557/hosa-nutrition-flash-cards/>

<https://quizlet.com/149525389/hosa-nutrition-flash-cards/>

<http://www.cram.com/flashcards/hosa-test-1-1607375>

<https://www.youtube.com/watch?v=6tUZpl0yt4Y>

<https://www.youtube.com/watch?v=oz89HD7XWkk> \*\*

<https://library.med.utah.edu/NetBiochem/nutrition/quiz2/q_top.html>

**Books:**

* Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.
* Nix, Staci. Williams’ Basic Nutrition and Diet Therapy, Elsevier Science/Mosby, Inc. Latest edition.