

Follow a Food Worksheet

Pick a food, find a nutrient in it, then trace the nutrient's established job and where in the body it happens. Note what the evidence actually says.



Food

Nutrient I chose

THE CHAIN

Step	What I found	Source I used
The food contains		
The nutrient's job		
Where in the body		
What the evidence says		

What is well established, and what is still uncertain?

ONE QUESTION I STILL HAVE

Free iPhone app: Body Unpacked: Health Atlas

An interactive health-education app: pick a food, tap a nutrient and see its established job, where in the body it happens and what the evidence says. Every number shows where it comes from.

Educational only, not medical or nutrition advice.

