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85. According to nutrition labeling laws, which of the following minerals does NOT need to be listed on a food label? a. Iron. b. Sodium. c. Calcium. d. Potassium. 86. Which of the following is a feature of the Nutrition Facts panel on a food label? a. Trans fat content is optional. b. Saturated fat must be listed. c. Naturally present sugars ...

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Chapter 2-4 Chapter 2-4 variety (dietary): eating a wide selection of foods within and among the major food groups. whole grain: a grain that maintains the same relative proportions of starchy endosperm, germ, and bran as the original (all but the husk); not refined. Terms on Food Labels General Terms free: "nutritionally trivial" and unlikely to have a physiological consequence; synonyms ...

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