INE | INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

CHANGING LIVES WITH ROOT CAUSE HEALTH CARE

Micronutrients Assignment: Nutrient Report

Purpose:

The Nutrient Report assignment will allow you to research and get to know one nutrient very well. Completion of the assignment will demonstrate your ability to communicate your understanding, your research skills, and your reporting skills. All documents will be shared on the Done-For-You page of the module, so you'll get to learn in-depth about each nutrient without doing all the exhausting research or simply relying on a textbook.

Write in a way that is understandable by clients so it can be used as a client handout. We'll be posting all papers submitted, so all will have a set of nutrient papers to share.

Once completed, you will have the option of presenting your findings on a conference call to your classmates.

Choosing Your Topic:

Choose **a minimum of one** nutrient from the list below:

- ❑ Vitamin A
- ❑ Vitamin B1 - Thiamin
- ❑ Vitamin B2 - Riboflavin
- ❑ Vitamin B3 - Niacin
- ❑ Vitamin B5 - Pantothenic Acid
- ❑ Vitamin B6 - Pyridoxine
- ❑ Vitamin B7 - Biotin
- ❑ Vitamin B9 - Folate/Folic Acid
- ❑ Vitamin B12 - Cobalamin
- ❑ Vitamin C
- ❑ Vitamin D
- ❑ Vitamin E
- ❑ Vitamin K
- ❑ Calcium
- ❑ Choline
- ❑ Chloride
- ❑ Chromium
- ❑ Cobalt
- ❑ Copper
- ❑ Iodine
- ❑ Iron
- ❑ Magnesium
- ❑ Manganese
- ❑ Molybdenum
- ❑ Phosphorus
- ❑ Potassium
- ❑ Selenium
- ❑ Sodium
- ❑ Zinc
- ❑ Alpha-Linolenic acid
- ❑ Arginine
- ❑ Beta-Alanine
- ❑ Histidine
- ❑ Isoleucine
- ❑ Leucine
- ❑ Linoleic acid
- ❑ Lysine
- ❑ Methionine
- ❑ Phenylalanine
- ❑ Sulfur
- ❑ Threonine
- ❑ Tryptophan
- ❑ Valine

Research Guidelines:

Your report should include all of the following (if available):

- ❑ The common name and any alternate names it might have
- ❑ Whether or not it is fat- or water-soluble (for vitamins), or whether it is considered a major or trace mineral (for minerals)
- ❑ In detail, write the primary action/benefit of the nutrient
- ❑ Also include any other/secondary functions/benefits
- ❑ List food sources of the nutrient
- ❑ List any challenges to getting enough or the ability to get enough absorbed
- ❑ Discuss antagonizing factors, i.e., factors that decrease the absorption and utilization of the nutrient, including other nutrients, medications, dietary factors, and heat or cold. For example: heat destroys vitamin C.
- ❑ Present hormone balancing and/or therapeutic uses
- ❑ Outline how to assess status
- ❑ List symptoms of excess, if any
- ❑ Special considerations or cautions

Report Criteria:

- ❑ The report should be roughly two pages (reference page may be an additional page).
- ❑ Text citations (APA format) are important to avoid issues of plagiarism.
- ❑ Your reference section (APA format) should list all the sources you've previously cited.
- ❑ Submit both your "raw file" (i.e. Word doc/docx or Open Office, etc.) and a PDF file.
- ❑ Submit your assignment here: https://drritamarie.com/INEUploader

Style Conventions (Please use to ensure consistency for our collective resource):

- **Margins:** 1" margins all around
- **Report title:** Arial 20-point font, bold.
- **Report body:** Arial 12-point font, line-spacing: single (preferably set at 1.3 spacing)
- **Header:** Report title on all pages – right-justified
- **Footer:** Include a document footer that includes "Prepared for the Institute of Nutritional Endocrinology (INE) by *your name, credentials"*. Please present page numbers in "Page X of X" format – centered.
- **Citations and References (APA format):** There are many sources on the Internet with detailed instructions on how to format using APA style. Here's one that's succinct. http://www.drritamarie.com/go/APAReferences