

## Nutrition 4 exam

### Chapter 11: Energy Balance & Obesity

- Identify all the health risks associated with being overweight and/or obese and explain the current state of obesity in the U.S., and worldwide.

- Health implications of extra body fat:
- Alzheimer disease/ stroke
- Heart disease/ hypertension
- Fatty liver disease, gallstones
- Type 2 diabetes
- Arthritis
- Gout
- Sleep apnea
- Gastroesophageal reflux
- Increased risk of some cancers
- Erectile dysfunction in men
- In fertility in woman, increased risk of miscarriage and birth defects

Define: Obesity and Overweight.

- People can be overweight but not obese.
- overweight= too much weight for his/her height
- obese= has excess body fat and a BMI 30
- In us: 40% of adults are obese, 70% of adults are overweight, 18.5% of youth are obese

- Identify the number of calories needed to meet minimum nutrition requirements; and explain what factors influence BMR.

- Minimum cal: 1200 kcal for woman, 1500 kcal for men.
- BMR= basal metabolic rate= amount of energy expended at basal metabolism of a fixed period. Accounts for most amount of energy expended in a day.

Define: thermic effect of food, non-exercise activity thermogenesis (NEAT).

- Thermic effect of food: amount of energy used to digest, absorb, and metabolize nutrients.
- NEAT: activities that are not sleeping or exercise house chores.

- Explain the concept of energy balance.

- Negative energy balance= weight loss, neutral energy balance is maintaining weight, A positive energy balance is weight gain.

Define: Energy Balance, Negative Energy Balance, Positive Energy Balance.

- Energy balance: energy in= energy out. Maintenance
- Negative: energy in< energy out. Weight loss
- Positive: energy in> energy out. Weight gain

- Explain how the BMI is used and when it is not used.

- Good predictor of weight status and therefore disease risk
- BMI increases- risk for chronic disease increase
- Not accurate for individuals that have high muscle mass compared to height

# Nutrition Study Guide Answers

**Cataldo**



## **Nutrition Study Guide Answers:**

Paul Insel,R. Elaine Turner,Don Ross,2009-04 The Student Study Guide provides a study aid for students and contains multiple choice questions review questions image labeling activities fill in the blanks critical thinking questions key terms and a note taking guide      *Pediatric Critical Care Study Guide* Steven E. Lucking, Frank A. Maffei, Robert F. Tamburro, Neal J. Thomas, 2012-04-10 This is the first comprehensive study guide covering all aspects of pediatric critical care medicine It fills a void that exists in learning resources currently available to pediatric critical care practitioners The major textbooks are excellent references but do not allow concise reading on specific topics and are not intended to act as both text and study guide There are also several handbooks available but these are usually written for general pediatric residents and lack the advanced physiology and pathophysiology required for the higher level pediatric critical care practitioner      **Critical Care Study Guide** Gerard J. Criner, Gilbert E. D'Alonzo, 2013-03-09 Critical care medicine is a dynamic and exciting arena where complex pathophysiologic states requiring extensive knowledge and clinical acumen are commonly found Caring for critically ill patients requires an extensive knowledge of basic pathophysiology as well as awareness of the appropriate diagnostic tests and therapeutic interventions Because this knowledge base crosses many different disciplines introduction to caring for the intensive care patient while exciting may also be intimidating This textbook is designed toward making the dynamic environment of the critical care unit understandable and the approach to the patient both logical and successful The book contains three components 1 description of the procedural tasks commonly performed for the critically ill patient 2 explanation of the most common pathophysiologic states encountered and 3 description of specific disease entities with details of their differential diagnosis diagnostic strategy and therapeutic plan This book also uses several educational approaches that we have found useful in our own teaching sessions and prior textbooks Clinical cases introduce chapters and highlight chapter segments to emphasize clinical relevancy As an additional study aid margin notes highlight important teaching points and facilitate easy review of chapter content To consolidate the principles outlined in each chapter review questions with full text explanations are provided at the end of each chapter All these elements help reinforce the most important messages for the reader      Study Guide and Solutions Manual for Seager/Slabaugh's Chemistry for Today Seager/Slabaugh, 2004 The fifth edition of the Study Guide and Student Solutions Manual has been updated to reflect all of the changes to the text This ancillary tests the student on the learning objectives in each chapter and provides answers to all of the even numbered end of chapter exercises New additional activities have been added to include a review of each section of the chapter and a section entitled Tying It All Together with a Laboratory Application      **Nutrition Education Materials** Holly Berry Irving, 1987      Study Guide to Accompany Nutrition, Concepts & Controversies, Eva May Nunnelley Hamilton, Eleanor Noss Whitney, Frances Sienkiewicz Sizer, Fifth Edition Jana R. Kicklighter, 1991      Study Guide for Nutrition, 1998      **Study Guide for Sizer and Whitney's Nutrition Concepts and Controversies** Frances Sizer, Ellie Whitney, Jana R.

Kicklighter,2005-05 The study guide provides students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students overall grasp of the material Included is a sample test for each chapter as well as helpful study tips *Shellfish Culture, 1979-1986* Deborah T. Hanfman,1987 Nutrition Kim Anthony Aaronson,Janice Thompson,2005-11 This guide has been updated to reflect the new material in the main text update It offers a wide variety of interesting relevant and challenging questions to encourage students to review core concepts It also contains chapter objectives and key terms **Quick Bibliography Series** ,1976

*Study Guide to Accompany Understanding Clinical Nutrition* Corinne Balog Cataldo,Sharon Rady Rolfes,1991

Simplified Diet Manual Study Guide Iowa. State Department of Health. Nutrition Section,1967 **Student Study Guide to Accompany Fox's Physiological Basis for Exercise and Sport** Susan Muller,Steven J. Keteyian,Merle L. Foss,1998

Written with the physical educator exercise specialist physical therapist and coach in mind this new edition continues to offer the clear presentation insightful explanations depth of coverage and straightforward writing style that students and instructors have come to expect from this leading text originally authored by Edward Fox Inside you ll find the strongest presentation of aerobic and anaerobic training programs and responses available **Study Guide** Kelly Bouas-Henry,2005

By Kelly Bouas Henry Missouri Western State College and Douglas A Bernstein the Study Guide employs numerous techniques to help students learn Each chapter including the optional Industrial Organizational Psychology chapter contains a detailed outline a key terms section that presents fresh examples and learning aids plus a fill in the blank test learning objectives a concepts and exercises section that shows students how to apply their knowledge of psychology to everyday issues and concerns a critical thinking exercise and personal learning activities In addition each chapter concludes with a two part self quiz consisting of 40 multiple choice questions An answer key tells the student not only which response is correct but also why each of the other choices is wrong and quiz analysis tables enable students to track patterns to their wrong answers either by topic or by type of question definition comprehension or application **Interactive Learning**

**Guide for Students for Nutrition Now** Judith E. Brown,Jennifer Koslo,2008 This unique student Interactive Learning Manual includes a variety of assignable activities and worksheets that students can fill out to apply and assess their nutrition knowledge Topics include Putting Together a Family Tree Health History Genetics of Taste Portion Size Exercise Checking Out Low Carb Food Labels Anthropometry Lab Bottled Water Taste Test *S.G. Nutrition & Diet Therapy* Cataldo,1999

*Study Guide to Accompany Whitney, Hamilton Understanding Nutrition, Third Edition* Lorraine E. Bailey,Eleanor Noss Whitney,1984 Special or highlighted themes are included under most of the topic areas e g sugar addiction under the topic of overweight and underweight world hunger under the topic of fat soluble vitamins This study guide is aimed at improving the student s understanding of nutritional concepts and their impacts on health Understanding Normal and Clinical Nutrition

Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1998 This comprehensive introductory text emphasises underlying chemical processes It addresses topics such as the nutrition care process and diet therapy organised by organ systems disease states Canadian nutrition needs are covered in an appendix      **Understanding Nutrition** Eleanor Noss Whitney, Sharon Rady Rolfes, 2003-05-19 Used by more than one million students this text s clear writing dynamic visuals and integrated study aids engage and teach students the basic concepts and applications of nutrition This comprehensive text includes up to date coverage of the newest research and emerging issues in nutrition The pedagogical features of the text as well as the authors approachable style help to make complex topics easily understandable for students

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