

## 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**

**Eleanor Noss Whitney, Corinne Balog  
Cataldo, Sharon Rady Rolfes**

## 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

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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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### **Table of Contents Nutrition Study Guide Answers**

1. Understanding the eBook Nutrition Study Guide Answers
  - The Rise of Digital Reading Nutrition Study Guide Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Study Guide Answers
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in a Nutrition Study Guide Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Study Guide Answers
  - Personalized Recommendations
  - Nutrition Study Guide Answers User Reviews and Ratings
  - Nutrition Study Guide Answers and Bestseller Lists

5. Accessing Nutrition Study Guide Answers Free and Paid eBooks
  - Nutrition Study Guide Answers Public Domain eBooks
  - Nutrition Study Guide Answers eBook Subscription Services
  - Nutrition Study Guide Answers Budget-Friendly Options
6. Navigating Nutrition Study Guide Answers eBook Formats
  - ePub, PDF, MOBI, and More
  - Nutrition Study Guide Answers Compatibility with Devices
  - Nutrition Study Guide Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutrition Study Guide Answers
  - Highlighting and Note-Taking Nutrition Study Guide Answers
  - Interactive Elements Nutrition Study Guide Answers
8. Staying Engaged with Nutrition Study Guide Answers
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutrition Study Guide Answers
9. Balancing eBooks and Physical Books Nutrition Study Guide Answers
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutrition Study Guide Answers
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Study Guide Answers
  - Setting Reading Goals Nutrition Study Guide Answers
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Study Guide Answers
  - Fact-Checking eBook Content of Nutrition Study Guide Answers
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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