

Nutrition exam 4 study guide

Ariana is a second year college student who lives on campus and works as a residential advisor (RA) in one of the campus dorms. She walks between classes (about 2 miles per day), but does not participate in any additional structured physical activity. Based on this information, Ariana's total daily energy expenditure would be calculated using the _____ category. -

Low active

Based on the recommendations of the Prudent Healthy Diet, which of the following dinner options would be most in line with the recommendations of a healthy weight loss diet? -

buddha bowl

Vivianne is motivated and ready to lose weight that she has gained over the past 20 years. Which of the following are appropriate recommendations you might make to Vivianne to lose weight? Check all that apply. -

Eat more nutrient-dense foods

Avoid all carbohydrates

Reduce intake of saturated fats

Lawrence is an overweight male adult embarking on his first attempt at weight loss. He has heard that in order to lose one pound of fat per week, he should cut kilocalories by 500 kilocalories per day from his normal intake. What is the theory behind the notion that a 500-kilocalorie daily deficit promotes weight loss of one pound of fat per week? -

One pound of fat tissue has 3,500 kcal; 3,500 kcal divided by 7 days in a week means 500 kcal less per day will help him lose one pound of fat per week.

Complete the following statements by dragging the correct arrow to demonstrate ways to implement the principle of progression in a workout. -

rest periods between intervals down

incline while running up

number of reps up

day off between workouts down

speed while biking same route up

Several government and professional health organizations have compiled a list of recommendations when evaluating commercial weight-loss programs. Based on those guidelines, which of the following characteristics would you recommend a person look for when evaluating a commercial weight-loss program? -

the program includes medical screening

the program has a nutrition education component that stresses permanent lifestyle changes

the programs includes both aerobic/resistance workout

An ideal exercise plan incorporates variety, balance, and moderation. Determine whether each scenario is describing exercise in variety, balance, or moderation. -

Variety- bob

Balance-tina

Moderation- in high school

Personal Nutrition Study Guide

Lei Shi

Personal Nutrition Study Guide:

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