

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

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Table of Contents Study Guide Nutrition Ch 14 Answers

1. Understanding the eBook Study Guide Nutrition Ch 14 Answers
 - The Rise of Digital Reading Study Guide Nutrition Ch 14 Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide Nutrition Ch 14 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 an Study Guide Nutrition Ch 14 Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide Nutrition Ch 14 Answers
 - Personalized Recommendations
 - Study Guide Nutrition Ch 14 Answers User Reviews and Ratings
 - Study Guide Nutrition Ch 14 Answers and Bestseller Lists

5. Accessing Study Guide Nutrition Ch 14 Answers Free and Paid eBooks
 - Study Guide Nutrition Ch 14 Answers Public Domain eBooks
 - Study Guide Nutrition Ch 14 Answers eBook Subscription Services
 - Study Guide Nutrition Ch 14 Answers Budget-Friendly Options
6. Navigating Study Guide Nutrition Ch 14 Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Study Guide Nutrition Ch 14 Answers Compatibility with Devices
 - Study Guide Nutrition Ch 14 Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Study Guide Nutrition Ch 14 Answers
 - Highlighting and Note-Taking Study Guide Nutrition Ch 14 Answers
 - Interactive Elements Study Guide Nutrition Ch 14 Answers
8. Staying Engaged with Study Guide Nutrition Ch 14 Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Study Guide Nutrition Ch 14 Answers
9. Balancing eBooks and Physical Books Study Guide Nutrition Ch 14 Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Study Guide Nutrition Ch 14 Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Study Guide Nutrition Ch 14 Answers
 - Setting Reading Goals Study Guide Nutrition Ch 14 Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Study Guide Nutrition Ch 14 Answers
 - Fact-Checking eBook Content of Study Guide Nutrition Ch 14 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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