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
 - Erecile 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 k call for men.
 - BMR= basal metabolic rate= amount of energy expanded 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).
 - Therminc 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

Study Guide Nutrition Ch 14 Answers

Barbara Janson Cohen, Memmler

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