Chapter 3

1. Define Nutrient and distinguish between Macronutrients and Micronutrients
2. Carbohydrates
   a. Know the difference of Simple versus Complex (source, use, etc.)
   b. Give examples of each and which have a greater nutrient density
   c. Types of fiber and benefits of including them in the diet
3. Fats (lipids)
   a. Types of simple fats. Which is most abundant in the diet? Which are essential?
   b. Saturated versus Unsaturated
   c. What are trans fatty acids and why should they be reduced in the diet?
      i. What types of food are they found in?
   d. Are there other uses of having fats in the diet?
4. Proteins
   a. What are proteins used for in the diet?
   b. Are there essential proteins required?
   c. What are healthy sources?
5. Vitamins
   a. Difference between fat-soluble and water-soluble
   b. Review Table 3.4 for their basic functions
6. Minerals
   a. What are minerals used for? (i.e. Why are they necessary?)
   b. Review Table 3.5 for their basic functions
7. Know the National Academy of Sciences recommended percentages of nutrient intake (table 3.6)
8. Know caloric value of nutrients.
   a. Understand the components of reading a food label
9. Vegetarianism
   a. Know types and concerns of this nutrition concept
10. What are antioxidants and why are they important? Which four did we talk about?
11. When are supplements necessary? Are their risks to taking certain supplements?
12. Functional foods versus Fortified foods. Give an example of each.
13. Know how food contributes to the body’s energy systems
    a. Be able to explain the three energy systems discussed in class
    b. Be able to explain fig. 3.12 using specific energy substrates
14. What are some threats to our bones being healthy? Explain how you can overcome or reduce the effect of some of these threats.
15. Review the 2010 Dietary Guidelines for Americans.
   a. Be able to list the twenty key elements of this guideline
Chapter 4

1. What is body composition?
   a. Distinguish between essential fat and storage fat
   b. What does BMI measure? Is it an accurate way to determine health?
2. Review the techniques for determining body composition and be able to briefly explain each
   a. What is the SEE for each?
   b. What is the normal range for body fat for most college aged students? (male and female)
   c. How would knowing your body fat % help determine your ideal weight?
3. Why is using the scale alone a detrimental way to determine healthy weight?

Chapter 5

1. Explain the difference between Overweight and Obese
2. Be able to explain the characteristics of three major eating disorders.
3. What components go into calculating someone’s EER?
   a. Be able to explain why they are different among individuals and therefore why nutrient requirements are different for everyone
4. Why is exercise such an important component for long term weight loss?
5. Explain the concept, in detail, behind figure 5.11
6. What are the strategies for lifetime weight management? (pgs. 184-186)