

NUTRITION EXAM #1: CH 1-4

CHAPTER 1:

- 1) Factors affecting food choices: flavor, texture, appearance, early influences, eating habits, food availability, convenience, marketing and advertising, restaurant dining, time and convenience, cost and economics, nutrition
- 2) Sustainability: socially responsible factor that will impact the environment
 - a) Non GMO, organic, soil rotations
- 3) Hunger: physiological (internal) drive to find and eat food, mostly regulated by internal cues to eating
 - a) Hormones in our gut, stomach growling, due to biological processes
- 4) Appetite: psychological (external) influence that encourages us to find and eat food often in the absence of obvious hunger
- 5) Satiety: feeling of satisfaction, full feeling, no longer a desire to eat
 - a) Hypothalamus: region of the brain that connects with other hormones to regulate satiety
- 6) Nutrition: the science that links foods to health and diseases, how your body deals with the food it eats
 - a) Nutrients come from food
 - i) Provide energy- kilocalories
 - ii) Provide building blocks
 - iii) Vital for growth and maintenance
 - b) Essential nutrient: has a biological function, omission results in decline of function, and replenishing restores biological function
- 7) Obesity: considered the 2nd leading cause of preventable death in the US
 - a) Ratio of weight to height that is significantly higher than what is associated with optimal health
 - i) Excessive body fat, BMI of 30 or higher, 2/3 of American adults & 1/3 of children
 - ii) Causes chronic diseases and an economic burden
- 8) Poor dietary pattern and sedentary lifestyle are risk factors for chronic disease
 - a) Heart disease and cancers- leading causes of death- both related to nutrition status
- 9) Nutrients 6 classes: carbohydrates, lipids, proteins, vitamins, minerals, water
 - a) Carbs: main energy source
 - b) Proteins & lipids: provide energy, growth & development, regulate body processes
 - c) Vitamins, minerals, water: growth & development, regulate body processes
- 10) Macronutrients: provide calories (fuel and energy sources), needed in gram quantities
 - a) Carbs, lipids, proteins
- 11) Micronutrients: do not provide calories, needed in milligram or microgram quantities
 - a) Vitamins, minerals
- 12) Carbs: 4 kcal per gram, simple sugars (shorter chains, easier to breakdown), complex carbs (longer chain, harder to breakdown)

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