

## Chapter 26: Nutrition and Metabolism

- ❖ What are the components of a healthy lifestyle?
  - A sound diet – diet is not considered the main cause of premature death & disability.
  - Avoids tobacco, excess alcohol, methamphetamines.
  - Exercise, not long sits.
  - Adequate sleep/relaxation
  - Social interactions.
- ❖ What major diseases are reduced or avoided with a healthy lifestyle?
  - More than 50% of our potential for lifelong health is determined by our personal behaviors.
  - Maintaining a healthy lifestyle can reduce or prevent most of the most common chronic diseases of aging:
    - 1. Heart disease
    - 2. Hypertension
    - 3. Non-insulin-dependent diabetes mellitus
    - 4. Cancer
    - 5. Osteoporotic fractures
- ❖ What are the 3 major causes of premature death and disability?
  - 1. Diet
    - Know that diet is now considered the main cause of premature death and disability in the US.
  - 2. Tobacco smoking
  - 3. Physical inactivity
- ❖ Know the four factors provided by a sound diet.
  - 1. Enough raw materials to make all the macromolecules we need.
  - 2. The proper amounts of prefabricated essential nutrients including vitamins, minerals, essential fatty acids, etc.
  - 3. Enough energy (kilocalories) to support energy needs, but not more.
  - 4. Appropriate proportions of vital nutrients.
- ❖ What evidence is there for a homeostatic set point for body weight?
  - Body Weight & Energy Balance –
    - Body weight remains stable as long as energy intake equals energy output.
      - Seems to have a homeostatic set point.
        - Metabolism adjusts to reduced calories.
        - Metabolism & appetite adjust to increased energy need.
    - The “western diet” & lifestyle have broken this physiological regulatory system.
    - This seems to be largely due to processed foods.
- ❖ How does the modern US diet of processed food disrupt this setpoint?
  - Processed foods.
- ❖ Define metabolic rate and basal metabolic rate. What is the difference? Metabolic rate includes energy expenditures above basal metabolic rate.
  - Metabolic rate – the rate of energy use.
    - Energy use is measured as the *Metabolic Rate*:
      - Defined as the *energy use/unit time*.
      - Expressed as *kcal/hr* or *kcal/day*.
    - Energy demands are proportional to *body mass, activity, & metabolic rate*.
  - Basal Metabolic Rate (BMR)
    - Metabolic rate when relaxed, resting, fasting, & at a comfortable room temperature.
    - BMR of adult male is about 2000 kcal/day (slightly less for females).
    - Muscle, brains, & kidneys have higher energy demands than other tissues.
    - *Influenced by diet!!!*
    - Varies considerably among people.

# **Nutrition And Metabolism Study Guide Answers**

**Arshad Iqbal**



## **Nutrition And Metabolism Study Guide Answers:**

**Study Guide for The Human Body in Health & Disease - E-Book** Kevin T. Patton, Frank B. Bell, Terry Thompson, Peggie L. Williamson, Eric L. Sun, 2023-03-02 Reinforce your understanding of the concepts in Patton's The Human Body in Health Disease Corresponding to the chapters in the text this study guide reviews essential medical terminology concepts and processes related to anatomy and physiology and explains how body systems function in health and disease Each chapter begins with a quick synopsis of the key points in the textbook chapter A variety of exercises make it easier to review and apply key concepts and labeling of anatomy drawings helps in learning anatomical terms and structures Know your Medical Terms feature helps familiarize you with the various word parts used in medical terminology and pairs nicely with the Language of Medicine word lists in the main text to reinforce medical terminology concepts that are key to understanding A P Brief synopsis of core textbook concepts provides a comprehensive review of essential content Crossword Puzzles and Word Finds help you master new vocabulary terms Application Questions ask you to make judgments based on the information in the chapter Diagrams and labeling exercises help reinforce where the structures of the body are located Matching and fill in the blank exercises aid in understanding chapter content Answers to exercises are provided in the back of the guide along with references to the appropriate textbook page and the textbook objective so that you can easily find where the material is presented Study tips in the Preface provide an overview of the most effective methods for learning and retaining information

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**Navy Nutrition and Weight Control Self-study Guide** Leslie Cox,1997 *Study Guide for Structure & Function of the Body - E-Book* Eric L Sun,Kevin T.

Patton, Frank B. Bell, Terry Thompson, Pegg L. Williamson, 2024-06-19 Reinforce your understanding of A P concepts with this practical study guide With chapters corresponding to those in the Structure Function of the Body 17th Edition textbook this workbook provides review questions and exercises to help you master the most important material Each chapter begins with an overview of the concepts covered in each chapter of the textbook and then tests your understanding with a variety of questions and activities Answers to all questions are included in the back of the book NEW Updated content corresponds to the updates in the Structure Function of the Body 17th Edition textbook Brief synopsis of core concepts in each chapter provides an overview of the most essential content from the textbook Matching multiple choice fill in the blank and true false exercises reinforce your understanding of content Crossword puzzles and Word Finds help you master new vocabulary terms and their spellings Anatomy drawings and labeling exercises help you learn to identify the structures of the body and master terminology Application questions help you develop critical thinking skills and make judgments based on information in the chapter Answers to exercises are found in the back of the guide Study tips in the Preface offer insights into the most effective methods for learning and retaining information

**Study Guide for Structure & Function of the Body - E-Book** Kevin T. Patton, Gary A. Thibodeau, Linda Swisher, 2023-07-23 NEW Updated content reflects the changes made to the new edition of the Structure and Function text **Critical Care Study Guide** Gerard J. Criner, Rodger E. Barnette, Gilbert E.

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