

# Digestion and nutrition lab worksheet assignment



**ASSIGN  
BUSTER**

What are you planning to do in order to achieve a healthy weight? Eat healthier, exercise more

3. Waist circumference: Determine your waist circumference by placing a measuring tape snugly around your waist. It is a good indicator of your abdominal fat, which is another predictor of your risk for developing risk factors for heart disease and other diseases. This risk increases with a waist measurement of over 40 inches in men and over 35 inches in women. Gender: f Waist circumference: 35

4. Calculate your BMR using online tools. Based on your BMR, calculate your daily calorie needs. MR: Calories needed per day: 1 686 Q: How does your actual calorie intake compare to the recommended calorie intake? a) It is higher. b) It is lower. c) They are roughly the same. Q: If you have to adjust your calorie intake to the recommended value (based on the website), what changes will you make in your diet? Eat healthier foods that help to achieve my BMR

5. Daily Food Tracking: Use an online tool that allows you to track your caloric intake. Monitor your diet for two days, keep records of food type and total caloric intake. Print the pages and attach them when you turn in your lab.

Choosemyplate. gov is a government website that allows you to track your diet, but you may use any online tool.

6. All packaged food contains a label describing nutritional values. Find your favorite packaged food and read the label. Describe the label below and list all of the information from the label.

7. Read the label of a multivitamin-multimineral dietary supplement pill. Pick a vitamin or mineral of your choice. Describe its dietary benefits in two to three lines. List a few different foods that naturally provide the supplement of your choice.

Vitamin A is an essential vitamin required for vision, gene transcription, boosting immune function, and great skin health. A deficiency in vitamin A can lead to blindness and increased viral infection, however deficiency is only considered a problem in developing countries where it is a leading cause of blindness in children. Vitamin A is a fat soluble vitamin, and therefore, needs to be consumed with fat in order to have optimal absorption. High vitamin A foods include sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, liver, and tropical fruits.

Vitamin D is an essential vitamin required by the body for the absorption of calcium, bone development, immune functioning, and alleviation of inflammation. Vitamin D deficiency can lead to rickets, a weakened immune system, increased cancer risk, poor hair growth, and osteomalacia. Excess vitamin D can cause the body to absorb too much calcium, leading to increased risk of heart disease and kidney stones. Natural foods high in vitamin D include fish oils, fatty fish, mushrooms, beef liver, cheese, and egg yolks. Vitamin D is also naturally made by your body when you expose your skin to the sun, and is called the sun-shine vitamin.

In addition, vitamin D is widely added to many foods such as milk and orange juice, and can also simply be consumed as a supplement. 8. There are many different diet plans in the marketplace. Find three different diet plans and discuss their pros and cons. Weight watchers: Listed are some sample questions about the program, “ No food is off limits? Really? ‘ On Weight Watchers you can eat anything ” but you can’t eat everything. We’ll help you

figure out how much is too much so you dont end up eating way more than you think. " Can I still eat out? " YES!

It's all about knowing a few simple tricks, getting support when you need it and using your digital tools to make the best choices. What about cocktails, wine and beer? " They re still on the menu! " Do have to follow the guides and recipes every day? ' Nope, you choose what you want to eat each day. Our meal ideas and recipes are there when you need them. " Are there any foods have to buy? ' Aside from regular, ordinary groceries? Nope. You'll eat real food " your food. " Do men and women get the same[[email protected](#)]?" " Great question! No, your[[email protected](#)]budget is actually customized based on your current weight, height, gender and age.

In addition to an individualized daily target, you will also get an additional weekly allowance. And since guys have higher muscle mass, their target is higher. The program is based on points. Every food you eat has a point value, cookies may have the same points as an apple, but by knowing which choice is healthier this is how you lose the weight. It's not about a diet plan, ifs about a healthier living plan Pros of WW are: Some education on nutrition is provided. Your leader will share good nutritional advice with the group, such as the importance of eating plenty of vegetables, healthy fats, low-fat dairy and drinking enough water.

You may be able to bring your kids. Some Weight Watchers locations offer special eetings to which parents can bring their children. Slow and steady weight loss is achieved. You can expect to lose one to two pounds a week after the first week on the program. This is a very healthy rate at which to

lose weight. Weight lost at this steady rate is more likely to be maintained (diets that lead to quicker loss make re-gain likely). Encourages portion control. To accurately track and record your Points values, you will need to measure your portions and serving sizes. This skill is valuable and will serve you well even if you go off the plan.

Cons: The cost may be prohibitive. Meetings are approximately \$13 per week (varies by location). There may be a registration fee, which is due upon sign-up, of around \$30. If you have a lot of weight to lose and you plan to stay in the program until you meet your goal weight, you may want to do the math: For example, assuming it takes an average of at least one year to lose 100 pounds, your minimum total cost would be \$676. (Note: You can cancel your membership at any time. ) The group atmosphere isn't for everyone. If you don't enjoy group meetings, you may prefer to do Weight Watchers online. Weekly weigh-ins are required.

You will probably receive a "free pass" card upon joining, which allows that you to not weigh in at one meeting. Other than that one instance, you must be weighed once a week in order to attend a meeting. Keep in mind that the only person who sees your weight is the person weighing you (she or he records the weight). Weekly progress may discourage you. Some people prefer to measure weight-loss success on a monthly basis rather than weekly, but you will receive your weight weekly. Be prepared: Some weeks you will lose little or no weight, even if you're doing everything right. It's only natural, so don't let this cause you to give up.

There is no set diet on Weight Watchers. If you are looking for a structured diet that tells you exactly what types of foods to eat, how much, and when, Weight Watchers might not work for you. The ability to choose anything you want to eat may prove too tempting for some. It is completely possible to use all your Points on less-than-nutritious foods unless you consciously commit to making healthier decisions. Weight Watchers can help you learn how to do so, but in the end, it's all up to you. Mediterranean Nutritionally sound Diverse foods and flavors Lots of grunt work Moderately pricey It depends " there isn't " a" Mediterranean diet.

Greeks eat differently from Italians, who eat differently from the French and Spanish. But they share many common understandings. Working with the Harvard School of Public Health, Oldways, a nonprofit food think tank in Boston, developed a consumer-friendly Mediterranean diet pyramid that emphasizes fruits, veggies, whole grains, beans, nuts, legumes, olive oil and flavorful herbs and spices; eating fish and seafood at least a couple of times a week; enjoying poultry, eggs, cheese and yogurt in moderation; and saving sweets and red meat for special occasions.

Top it Off with a splash Of red wine (if you want), remember to stay physically active and you're set. Clearly. The Mediterranean diet has been associated with a decreased risk for heart disease, and it's also been shown to reduce blood pressure and " bad" LDL cholesterol. If your Mediterranean approach largely shuns saturated fat (which contributes to high cholesterol), and includes healthier mono- and polyunsaturated fats in moderation (which can reduce cholesterol), you'll do your heart a favor.

Pros Because the Mediterranean diet is comparable to the AHA diet, it is no surprise that the Mediterranean diet promotes heart health. According to the AHA, the prevalence of heart disease is lower in Mediterranean countries than in the United States. A large percentage of total fat in the Mediterranean diet is from monounsaturated fat, which is largely responsible for the reduction in heart disease because it does not raise cholesterol levels the way saturated and trans fats do.

Other benefits on the Mediterranean diet include the high concentration of cancer-fighting antioxidants because of the emphasis on fruit and vegetables, promotion of regular physical activity to maintain a healthy weight and lower sodium intake due to the reduction of processed foods.

Cons The Mediterranean diet does not state exact serving amounts per day, but rather lists total macronutrient distribution, which may be confusing for people.

For example, the diet uses words such as "low to moderate intake", "abundance" and "often", which does not give exact amounts. Calorie totals and physical activity parameters are not stated, so those who are looking for specific measurements are at a loss. Lastly, moderate consumption of wine, from one to two glasses per day, is encouraged when following the Mediterranean diet, which may not be advisable for people taking certain medication, those with elevated triglycerides or who have pancreatitis. Jenny Craig

You'll get a personalized meal and exercise plan, plus weekly one-on-one counseling sessions with a Jenny Craig consultant. Note: These are not

nutrition professionals – anyone who is “ health-oriented and customer-focused” can attend a training course and get certified – but they’re trained in the basics of nutrition, exercise and behavior modification through a curriculum developed by registered dietitians in consultation with a science advisory board. Many consultants are former Jenny Craig members.

Your diet, which ranges from 1, 200 to 2, 300 calories a day, is designed around your current weight, fitness habits and motivation level. Read More Jenny Craig offers two programs: its standard program and Jenny Craig for Type 2, which is designed for people with Type 2 diabetes by including a lower carb menu, reinforcement of self-monitoring of blood sugar levels, consistent meals and snacks, and other self-management strategies for weight loss and support for diabetes control. The diet lasts as long as you need it to, be it three months or two years.

For the first half of your weight loss program, you eat three prepackaged Jenny meals and one snack a day – options like cinnamon rolls and meat loaf with barbeque sauce – in addition to five servings of fresh fruits and vegetables and at least two non-fat dairy product equivalents. Once you’re halfway to your goal weight, you’ll begin cooking for yourself again ?? ice a week, using Jennys recipes and low-fat food prep strategies. After reaching your goal weight, you’ll spend four weeks transitioning back to making only your own meals, while adjusting to a slightly higher number of daily calories.

In monthly consultations, you learn weight regain prevention strategies such as nutritional label reading, exercise and stress management. Although success hinges on following the menu plan with the Jenny Craig meals, the



program isn't inflexible. A "splurge strategy" is built in from the beginning, allowing up to 250 extra calories for special occasions. IVs even OK to splurge a couple of times a week, if you balance it out with extra physical activity, like walking more each day.

One-on-one support plays a big role, although Jenny participants don't get together for group meetings, which is part of some commercial diets. Instead, you'll typically talk with your personal consultant once a week, either in person or by phone, and discuss how well you did the previous week, and whether you had trouble sticking to the plan. You'll also choose the next week's meals and order your food. Pros The prepackaged foods control portion sizes. If you eat the food on the plan in the amounts prescribed, it is very likely that you will lose weight.

There is no need for guesswork or calorie counting. The diet is extremely convenient. Your pre-packaged foods will be delivered to your front door. You don't need to cook. If you can push buttons on a microwave, you can cook your meals. Rumor has it that the food is very good. Your diet plan is tailored to meet your needs. This is not a one-size fits all approach. This encourages healthy weight loss based on your activity level, lifestyle and nutritional needs. Jenny Craig counselors offer extensive one-on-one support.

This support and counseling can help you to make healthier lifestyle choices that lead to lasting change. The counseling can help you to get through periods of frustration, plateaus and loss of motivation better than if you are going it alone. If there's not a center near where you live, you can still participate online and by telephone. Foods can be ordered online. The plan

doesn't encourage following fad diet or unhealthy diet strategies such as skipping meals or starvation. The plan encourages weight loss at a healthy rate of one to two pounds per week.

Slow, steady weight loss is far more sustainable than rapid drops in weight. There are often specials for new members that make the plan more affordable. Jenny Craig offers social networking opportunities online where dieters can support one another. The meals are well balanced and healthy. Most are low fat, moderate sodium and low cholesterol. Cons You may not like the food. While reports claim foods on the Jenny Craig diet are delicious, personal preference always comes into play. If you are picky, it may be difficult to find foods you like and will stick with for the long haul.

The diet isn't designed for those with allergies or food sensitivities. There are many common food allergens to which people have varying degrees of sensitivity. The "sensitive seven" foods include soy, dairy, eggs, wheat (gluten), sugar, corn and peanuts. If you are allergic to one or more of these foods, you may have difficulty finding Jenny Craig foods that are allergen-free. Most of the foods are frozen. If you have a small freezer, this could become an issue. If you cook for a family, you will deal with the issue of different meals for yourself and the rest of your family.