

# Ntr100- exam #1 study guide

Nutrition



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NTR100- Exam #1 Study Guide Review the following terms/concepts:

Chapter 1 1. Calories per gram of each macronutrient, including alcohol and food sources of each 2. Sign/Symptoms of alcohol poisoning 3. Most common chronic diseases that nutrition plays a role or has a strong nutritional component 4. AMDR, EER, AI, UL, EAR 5. Fat/Water soluble vitamins 6.

Difference between nutrients that provide calories and those that do not 7.

Moderate alcohol intake vs. binge drinking Jeopardy 1. Nutrients are: 2. The RDAs are dietary standards defining recommended intake of various

nutrients to prevent deficiency 3. How many nutrients are there? 6 (carbs, proteins, fats, vitamins, minerals, water) 4. What is one diff. between RDAs

and DRIs? 5. Macronutrients: carbs, proteins, fat 6. Heart disease, cancer,

stroke, diabetes are all highly nutritionally caused 7. Registration exam for

dietetics RD(registered dietitian) 8. If you were healthy, wishing to lose

weight, an RD would be most qualified to help. 9. In research a standardized method of looking at evidence is the scientific method. 10. Reputable gov.

sources for nutrition: NIH & CDC 11. Adequate Intake: based on observations from healthy people 12. First step in scientific method is observation 13.

EER: energy intake 14. Pellagra, scurvy, iron-deficiency anemia are all cause by lack of nutrients 15. Primary fuel sources for body are carbs and fats

Chapter 2 1. Requirements of food labels (5 components) 2. Agency that oversees food label requirements 3. Foods are exempt from label

requirements 3. Ingredient lists- uses and why one would look at an ingredient list 4. Types of nutrient claims 5. Definition of nutrient density 6.

Challenges of eating out, how to do so healthfully 7. Principles of Dietary

Guidelines 8. Characteristics of healthful diet Jeopardy 1. four characteristics of healthful diet: balanced, varied, adequate, moderate 2. What agency first

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established regulations for including nutrition info on labels? USDA 3. Five components on nutrition labels: ingredient list, 4. most large-portion meals eaten outside of home are not from fast-food restaurants 5. adequate diet refers to: 6. practical strategy to eating out is ordering grilled or broiled meats 7. footnote on Nutrition Facts Panel tells that the %daily refers to 2,000 calorie diet 8. functional foods provide a health benefit beyond basic nutrition 9. variety refers to eating a lot of different foods to optimize nutrition 10. cultural influences, personal preference, individual needs mean that not everyone can follow same plan Chapter 3 1. Appetite vs. hunger 2. Definition of digestion, absorption, elimination 3. Organs of GI system 4. Human body organization (atoms, molecules....) 5. Gastric juices- what are they and how does your body protect itself from them 6. Organ where most digestion/absorption occurs 7. Roles of accessory organs in GI tract Jeopardy 1. Most common type of ulcer is located in stomach 2. Hunger: physiological Appetite: mental 3. Brain is the organ that primarily regulates hunger 4. Cells are the smallest units of life 5. Play role in regulating hunger and satiety: food type, food amount, 6. Mitochondria are located in the cytoplasm and ... 7. Key role in peptic ulcers: H. pylori 8. Majority of digestion is in small intestine 9. Selective permeability refers to a description of the cell membrane