Chapter 5: Lipids

- Describe functions of fat in the body and in foods. (2)
- Describe the different types, structures, and functions of lipids including fatty acids. (2 multiple choice and 7 matching)
- Identify food sources of different types of lipids including saturated -, monounsaturated-, and polyunsaturated- fatty acids, and cholesterol. (7)
- Describe lipid digestion, absorption, and transport in the body. (5 multiple choice and 4 matching)
- Define atherosclerosis. Identify risk factors for an recommendations to prevent cardiovascular disease. (4)
- Identify the recommendations for fat intake from the Food and Nutrition Board (Acceptable Macronutrient Distribution Range) and the American Heart Association. (2)

Chapter 6: Proteins

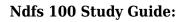
- Describe the structure of proteins and explain why adequate amounts of all the essential amino acids are required for protein synthesis. (3)
- Describe protein digestion, absorption, and metabolism. (7)
- List and describe the functions of protein in the body. (2)
- Explain protein balance. (3)
- Characterize foods in terms of protein amount and quality and also identify proteins that are complementary. (4)
- State the AMDR for protein. Calculate an individual's recommended protein intake (RDA). (3)
- 7. Describe characteristics and consequences of protein-calorie malnutrition. (2)
- Describe how genes and nutrition interact and the current reality of using genetic testing to assess an individual's disease risk. (1)
- Identify the strengths and limitations of vegetarian and meat-containing diets.

Chapter 7: Energy Balance

- Describe the components of energy expenditure and the factors that affect BMR. (3 multiple choice and 4 matching)
- Describe BMI and other ways to assess weight, body composition, and fat distribution, and identify their limitations. Calculate and interpret BMI & interpret waist measurements to assess chronic disease risks. (6 multiple choice and 3 matching)
- Summarize healthy strategies for achieving and maintaining healthy body weight. (7)

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Table of Contents Ndfs 100 Study Guide

- 1. Understanding the eBook Ndfs 100 Study Guide
 - The Rise of Digital Reading Ndfs 100 Study Guide
 - $\circ\,$ Advantages of eBooks Over Traditional Books
- 2. Identifying Ndfs 100 Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ndfs 100 Study Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Ndfs 100 Study Guide
 - Personalized Recommendations
 - $\circ\,$ Ndfs 100 Study Guide User Reviews and Ratings
 - Ndfs 100 Study Guide and Bestseller Lists
- 5. Accessing Ndfs 100 Study Guide Free and Paid eBooks
 - Ndfs 100 Study Guide Public Domain eBooks
 - Ndfs 100 Study Guide eBook Subscription Services

- Ndfs 100 Study Guide Budget-Friendly Options
- 6. Navigating Ndfs 100 Study Guide eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Ndfs 100 Study Guide Compatibility with Devices
 - ∘ Ndfs 100 Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ndfs 100 Study Guide
 - Highlighting and Note-Taking Ndfs 100 Study Guide
 - Interactive Elements Ndfs 100 Study Guide
- 8. Staying Engaged with Ndfs 100 Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ndfs 100 Study Guide
- 9. Balancing eBooks and Physical Books Ndfs 100 Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ndfs 100 Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ndfs 100 Study Guide
 - Setting Reading Goals Ndfs 100 Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ndfs 100 Study Guide
 - Fact-Checking eBook Content of Ndfs 100 Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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