#### 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

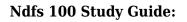
- Describe the structure of proteins and explain why adequate amounts of all the essential amino acids are required for protein synthesis. (3)
- Describe protein digestion, absorption, and metabolism. (7)
- List and describe the functions of protein in the body. (2)
- Explain protein balance. (3)
- Characterize 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)

# Ndfs 100 Study Guide

**Christian G. Meyer** 



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