

- Carbs (4 cal/g), fat (9 cal/g), protein (4 cal/g), alcohol (7 cal/g)
- Universal preferences: sugar, salt, high-fat foods
- Habit, ethnic heritage and regional cuisines, social interactions, marketing, availability, convenience, economy, positive/negative associations, emotions, values
- Body weight = health, nutrition → all influence someone's food choices
- Research designs = terms
 - Epidemiological studies research the incidence, distribution, and control of diseases in a population
 - Cross-sectional studies: researchers observe how much/what kinds of foods a group of people eat and how healthy those people are. Their findings identify factors that might influence the incidence of a disease in various populations
 - Case-control studies: researchers compare people who do/do not have a given condition such as a disease, closely matching them in age, sex, and other key variables so that differences in other factors will stand out. These differences may account for the condition in the group that has it
 - Cohort studies: researchers analyze data collected from a selected group of people at intervals over a certain period of time
 - Experimental studies test cause-effect relationships between variables
 - Lab-based animal studies: researchers feed animals special diets that provide/omit specific nutrients and then observe any changes in health. Such studies test possible disease causes and treatment in a lab where conditions can be controlled
 - Lab-based in vitro studies: researchers examine the effects of a specific variable on a tissue, cell, or molecule isolated from a living organism
 - Human clinical trials: researchers ask ppl to adopt a new behavior (ex// take a vit. C supplement). These trials help determine the effectiveness of such interventions on the development or prevention of disease
 - Anecdote: a personal account of an experience or event; not reliable scientific information
 - Correlation: if A increases and B increases, positive correlation; if A increases and B decreases, negative correlation
 - Control group: a group of individuals similar in all possible respects to the experimental group except for the treatment; ideally, they receive a placebo while the experimental group receives a real treatment
- Dietary reference intakes (DRIs): a set of nutrient intake values for **healthy people** in the US and Canada. Values are used for planning/assessing diets
 - Estimated average requirement (EAR): the average daily amount of a nutrient that will maintain a specific biochemical or physiological function in half the healthy people of a given age and sex group
 - Recommended dietary allowance (RDA): the average daily amount of a nutrient considered adequate to meet the known needs of practically all healthy people; a goal for dietary intake by individuals
 - Adequate intake (AI): the average daily amount of a nutrient that appears sufficient to maintain a specified criterion; a value used as a guide for nutrient intake when an RDA cannot be determined
 - Tolerable upper intake level (UL): the maximum daily amount of a nutrient that appears safe for most healthy people and beyond which there is an increased risk of adverse health effects
 - Estimated energy requirement (EER): the average dietary energy intake that maintains energy balance and good health in a person of a given age, sex, weight, height, and level of physical activity
- Macronutrient distribution ranges
 - 45–65% kcal from carbs; 20–35% kcal from fat; 10–35% kcal from protein
- Nutrition assessment: historical info, anthropometric measurements, physical exams, lab tests
 - Health history: an account of a person's current/past health status, disease risks, etc.
 - Drug history: a record of all drugs, OTC and prescribed, that a person takes routinely
 - Diet history: a record of eating behaviors and the food a person eats
 - Anthropometric measurements: measurements of the physical characteristics of the body (ex// height, weight, etc.)
 - Primary deficiency: a nutrient deficiency caused by inadequate dietary intake of a nutrient
 - Secondary deficiency: a nutrient deficiency caused by something other than an inadequate intake (ex// malabsorption)
 - Subclinical deficiency: a deficiency in the early stages, before the outward signs have appeared
 - Lab tests detect nutrition problems in the earliest stages

GI Problem	Strategy	GI Problem	Strategy
Choking	Take small bites of food Chew thoroughly Don't talk/laugh w/ food in mouth Don't eat when breathing hard	Heartburn	Eat small meals Drink liquids b/w meals Lose weight if overweight Refrain from smoking Refrain from wearing tight clothes Avoid: fried/high-fat foods, chocolate, peppermint, coffee, alcohol, carbonated beverages, tomato sauces, acidic substances like vinegar, citrus, mustard, etc.
Diarrhea	Avoid strenuous activity Rest Drink fluids to replace losses	Ulcer	Avoid coffee, caffeine, alcohol-containing beverages Minimize aspirin, ibuprofen, naproxen use Refrain from smoking cigarettes
Constipation	Eat high-fiber diet Drink plenty of fluids Regular exercise	IBS	Gluten-free diet Restrict FODMAP carbs Use probiotics, eat small meals
Belching	Eat slowly Chew thoroughly Relax while eating	Cold's	Rstrict greasy foods, milk products, high-fiber foods
Intestinal gas	Eat bothersome foods in moderation		

- Process of digestion: mouth (chewing) → pharynx (mouth to esophagus) → epiglottis (protects airway) → esophagus (mouth to stomach) → esophageal sphincter (prevents backflow from stomach) → stomach (churns food, adds acid/enzymes/HCl) → pyloric sphincter (prevents backflow from small intestine) → small intestine (secretes enzymes to digest energy-yielding nutrients; cells of wall absorb nutrients) → ileocecal valve (prevents backflow from large intestine) → large intestine (absorbs water)
- Peristalsis (muscular contractions of the GI tract that push its contents along) vs segmentation (a periodic squeezing of the intestine at intervals by its circular muscles)
- Bile produced in the liver; an emulsifier that disperses fats in watery solutions, giving digestive enzymes access to them
- Most absorption takes place in the small intestine (microvilli trap nutrient particles and transport them into cells)
 - Water-soluble nutrients and smaller products of fat digestion go directly into the bloodstream and to the liver
 - Larger fats and fat-soluble vitamins cluster together w/ proteins, forming chylomicrons, which are released into the lymphatic system and enter the bloodstream at a point closer to the heart

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Guillaume Favre



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How Ought Science Be Taught , *Outpatient Nutrition Care and Home Nutrition Support* Carol Ireton-Jones, 2016-08-05 Nutrition defined by Merriam Webster is the process of eating the right kind of food so you can grow properly and be healthy However making the right food and nutrition choices and finding the best and most accurate nutrition information can be a challenge especially when a disease or injury is present There are a wide range of ways that nutrition can be healing from a simple broth that provides fluids and electrolytes to therapeutic nutrition for diabetes irritable bowel syndrome or osteoporosis Registered Dietitian Nutritionists RDN have expertise in disease management and translation of nutrition requirements to foods to consume However nutrition care often does not receive the attention in the out patient setting that is needed to achieve nutrition goals The purpose of this book is to provide pertinent and concise nutrition care information for Registered Dietitian Nutritionists and other professionals working with individuals outside of the hospital including nurses pharmacists and physicians This book covers screening assessing and treating malnutrition out patient nutrition care in diabetes cardiovascular disease gastrointestinal disease osteoporosis and home enteral and parenteral nutrition In each chapter the reader will learn more about the disease process as well as the management of the disease or therapy As the number of patients receiving home care nutrition support increases proper assessment and management of this therapy is crucial and clinicians need to practice at an advanced level This book presents advanced and readily applicable information on proper nutrition care of individuals in the outpatient setting and those receiving home nutrition support **High School Biology: Microbes; their growth, nutrition and interaction, by A.S. Sussman** American Institute of Biological Sciences. Biological Sciences Curriculum Study. Committee on Innovation in Laboratory Instruction, 1962 **The Potter and Other Stories** Biola Odejide, 1994 A selection of stories from a competition organised by the Women s Research and Documentation Centre University of Ibadan in 1990 BSCS Newsletter Colorado. University. Biological Sciences Curriculum Study, 1968 *SAT Two, Biology and Biology E/M* Maurice Bleifeld, 1998 An overview of the SAT II biology exams with a review of test taking strategies is followed by a full length diagnostic test review chapters covering 11 biology topics and five complete practice tests each with an answer key a self evaluation chart and explanations of answers **Arborist News** , 2004 Bases for Developing a Nutrition Curriculum with Special Reference to Winneba Training College Joanna Dakwaa Appiah, 1966 *Resources in Education* , 1986-03 **The Publishers' Trade List Annual** , 1966 **Educators Grade Guide to Free Teaching Aids** , 1995 *Thesaurus of ERIC Descriptors* Educational Resources Information Center (U.S.), James E. Houston, 1986 Thesaurus of the Educational Resources Information Center ERIC in the US English only Contains all standard thesaurus relations initial entry into the thesaurus is by using the Wizard function **Scientific, Engineering, and Medical Societies Publications in Print** , 1978 **Nature** Sir Norman Lockyer, 1882 **Catalogue of Title-entries of Books and Other Articles Entered in the**

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UPCO S Living Environment Review is a complete review of all the key ideas and major understandings as required by the New York State Living Environment Core Curriculum Also included is any additional information necessary for total comprehension of core curriculum key ideas This 276 page book is conveniently organized into 8 major units subdivided into 25 chapters Although this book is directed toward the New York State Living Environment Curriculum it can be used successfully with any school s biology or life science curriculum Important features are noted below Each chapter ends with numerous multiple choice constructed response and reading and interpreting information practice questions structured to resemble regents exam questions allowing students many opportunities to test their understanding of required concepts Diagrams and other visuals help the students understand concepts A complete review of laboratory and technical skills processes involved in scientific inquiry and methods of representing and analyzing scientific observations is present throughout the book Words and terms directly related to the core curriculum are highlighted in bold type while other words or terms necessary for the complete comprehension of the core curriculum key ideas are italicized A comprehensive index and glossary of all important vocabulary terms is located at the end of the book for supplementary review Sample practice Regents Exams are included at the end of the book to give the student actual test taking experiences *The Education Index* ,1987

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