

STUDY GUIDE- EXAM 1
HEA 151
WINTER 2010
Lisa Merrill MS, RD, CDE- instructor

The following are items to study from lecture notes, including handouts and items in the book.

This isn't an all inclusive list but at least gives you some topics to focus on.

The exam will be multiple choice, true/ false, and matching

No need to bring a scan tron.

DO BRING A CALCULATOR!!

- Dr. Prochaska Stages of change -handout
- What is Basal Metabolic Rate? (BMR) – handout
- Hunger satiety scale- handout
- Reasons why the scale lies- handout

CHAPTER 1 and 2

- Why people eat the way they eat
- What % of restaurants have an ethnic base?
- Body Composition- what percentage of our body is made up of water
- Metric Conversions
- Essential nutrients (need from outside the body)...vitamins (13) and minerals (16)
- Energy in foods- (cals per gram) for carb, protein, fat, alcohol. How to calculate calories based on the label information provided.
- 6 classes of nutrients
- Research terms- experimental, control, random choice, double blind, placebo effect
- What is RDA?
- Nutrition assessment- historical data, anthropometric data, physical exam, lab tests
- SOAP note- subjective, objective, assessment, plan (from lecture notes)
- What is the #1 killer of women?...heart disease, not breast cancer
- Good websites..ORG, EDU, GOV
- Diet Planning Principles ABCDMV- Adequacy, Balance, Calorie control, nutrient Density, Moderation, Variety
- What is mypyramid.gov
- Different terms for vegetarian...lacto, ovo, vegan, "pesca"

CHAPTER 3 – DIGESTION

- DEFINITIONS- digestion, absorption, mastication, bolus, peristalsis, reflux, enzyme
- PH info...saliva, stomach acid, etc
- Gastric juice, pancreatic juice, bile...what their function is
- Where are most nutrients absorbed and is the roll of the large intestine/colon.
- Where they go afterwards once they get into the villi
- ANATOMY- villi, microvilli,

- Food combining myth
- Hormones that regulate digestion- gastrin, secretin, CCK
- Digestive health –3 items
- Digestive illnesses- IBS, Colitis, etc

CHAPTER 4- CARBOHYDRATES

- Simple vs complex
- Know the mono and disaccharides and what foods they are in (quite a few questions on these)
- (remember glucose is part of every disaccharide)
- Lactose intolerance, babies vs adult. Which populations have it, or not
- Humans store glucose as glycogen (where?), plants as starch
- Grain sources in the world- who eats what
- Difference between insoluble and soluble fiber, sources – handout
- Digestive enzymes- where are glucose/fructose/galactose absorbed?
- Low carb diets- ketosis

BONUS “lisa-isms”

LDL are losers

HDL are heroes

Fiber without water = cement

15 grams of carbohydrate raise blood sugar 30-45 points