

HEA 151 SUMMER 2010
STUDY GUIDE FOR EXAM #2
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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 just like the last one. No need to bring a scan tron.

Good Luck!!! :) lisa

CARBS

Simple vs complex

Know the mono and disaccharides and what foods they are in (quite a few questions on these)

Lactose intolerance, babies vs adult. Which populations have it, or not

Humans store glucose as glycogen, plants as starch

Grain sources in the world- who eats what

Difference between soluble and insoluble- sources

Digestive enzymes- where glucose/fructose/galactose are absorbed (think we know this one by now!)

Ketosis- what is it? (fruity boozy breath)

Average sugar consumption in the US per year and day (scary!)

Drinking sugary beverages bathes teeth in sugar for 20 minutes

High fructose corn syrup- what is it? The more it's been added to food, the more weight Americans have gained.

What can we do with beans to help decrease the gas from them?

FATS

What is saturated, mono, poly – FOOD SOURCES of them

Oxidation/antioxidants- hydrogenation..trans fats

EPA/DHA (omega 3's) roles

Triglycerides- what are they

Lecithin..do we need this as a supplement?

Choline- function in body and source (eggs)

Cholesterol...sources (animal products only).....NOT absorbed when not bound with saturated fat.

How much does the liver make?

HDL, LDL.....total chol = HDL+LDL+VLDL

What are signs of fatty acid deficiency?

What is the purpose of stored fat?

Digestion, enzymes and where absorbed

What is olestra? Side effects

Studies from Alaska, northern Canada, Greenland...lower heart disease

PROTEIN

Amino acids...what are they?

How many essential and non essential?

Peptide bond = link

Denaturazation= "uncoil"

Digestion and absorption..where?

Anabolic versus catabolic enzymes. What is the difference?

What is EDEMA?

Sickle cell anemia

Roles of protein 1-9

Marasmus & kwashiakor

What is dysentery?

Do we need to combine beans and rice to have “complementary proteins” or is that old school thought?

Review some protein sources. How many grams per ounce of chicken? ½ cup beans?