Energy balance and weight control study guide

1. What are the components of Energy expenditure? Describe each one.
2. How do you calculate Body Mass Index? At what BMI values do health risks increase?
3. What is the difference between apple & pear body shapes? Are there risks with either shape?
4. How is hunger different from appetite?
5. What factors affect hunger?
6. Describe Satiety and Satiation.
7. What types of nutrients provide satiation for a long time?
8. In what ways can the caloric content of food be determined?
9. Explain the basic science behind low carbohydrate diets.
10. Explain the major concerns with the Atkins (or other low carbohydrate) diets as discussed in class.
11. Explain the basis of Weight watchers/Jenny Craig diets? Why are they more successful?
12. Why won’t the Celery diet work?
13. What is Yo-Yo Dieting?
14. What are the health risks of being underweight?
15. What are the health risks of being overweight or obese?
16. What factors contribute to basal metabolism?
17. How do you determine BMR? What factors increase or decrease BMR?
18. Describe the different ways to determine body fat content.
19. What are the keys to successful weight loss?
20. Describe the characteristics of a sound weight-loss diet.
21. How can you recognize a fad diet?