

Final Exam Study Guide

Section A

1. Define negative and positive energy balance. How does it relate to the energy sources the body uses?

Negative energy balance occurs when energy intake is below the energy intake levels needed, resulting in weight loss.

Positive energy balance occurs when energy intake is above the energy intake levels needed, resulting in weight gain.

2. Define adipocytes. What happens when a person gains weight?

Adipocytes (fat cells) are composed of adipose tissue. During weight gain, adipocytes get larger, resulting in fat accumulation.

3. What is the physiological response to having eaten enough called?

Satiety

4. What are the unintended consequences of gastric bypass surgery?

Reduces nutrient digestion and absorption, diarrhea and vomiting may occur.

5. Define gastric banding. What is the effect on food content?

It is a surgery that helps with weight loss and limits the amount of food you can eat

6. Define satiety.

Having eaten enough

7. What is BMR and how does that change with age?

basal metabolic rate

As you get older the lower your basal metabolic rate gets, every ten years it decreases 2-5%

8. Define Thermic Effect of Food (TEF). How do you calculate TEF?

Energy expended for nutrient absorption and metabolism of nutrients. take the total calories consumed for the day and multiply it by 0.1 and 0.05 to get the range

9. What is EER and how is it calculated?

Estimated Energy requirements -

•Adult man: $EER = 662 - [9.53 \times \text{age (y)}] + PA \times [15.91 \times \text{wt (kg)} + 539.6 \times \text{ht (m)}]$

•Adult woman: $EER = 354 - [6.91 \times \text{age (y)}] + PA \times [9.36 \times \text{wt (kg)} + 726 \times \text{ht (m)}]$

10. Calculate the BMI for a person who weighs 185 pounds and is 5 feet 5 inches tall.

30.79 calculated by using this formula - $\text{weight/height (in)}/\text{height (in)} \times 703$

11. What are the characteristics of central adiposity?

central adiposity is the accumulation of fat in the lower torso around the abdominal area. central adiposity is a function of both subcutaneous fat and visceral fat

12. How does waist and hip circumference play a role in body composition?

They indicate fat content

13. Carla has lost 30 pounds. How many fewer calories does she now need every day just to maintain her new lower weight? 240 calories

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