**Exam 2 Study Guide**

**Lipids:**

Summarize the roles/functions of lipids in the human body.

Know the structural difference between saturated, MUFA, PUFA and trans fats.

Know the impact of each on cholesterol.

Know food sources of each type of fat.

What are trans fats? What foods contain them? How do you know? What is the concern behind them?

What is cholesterol? What is its function?

How does dietary fat influence blood cholesterol?

What are the concerns associated with high saturated fat diets?

Differentiate between high-density lipoprotein cholesterol & low-density lipoprotein cholesterol as far as composition of cholesterol & protein and implications for health.

What are some specific dietary guidelines to lower blood cholesterol?

How does chronic aerobic exercise change the body’s use of fats for exercise?

What are some metabolic adaptations to training that make exercisers better fat burners?

**Protein:**

What are the functions of protein in the body?

Know how to calculate the RDA for protein if given an adult’s body weight.

Know how to estimate protein intake using the Food Exchange List/Portion Size Guide.

Define the terms: complete and incomplete protein, essential and nonessential amino acids.

Know which plant protein sources compliment each other to make a complete protein.

Describe the different ways one can be a vegetarian.

Describe some benefits of vegetarian eating.

What makes vegetarian eating less desirable?

How do needs for protein change during one’s life?

Explain the calorie-protein relationship with regard to the use of protein as an energy source.

In general, is amino acid or protein supplementation necessary for athletes? Why or why not?

What is the fate of protein that is not used for body protein synthesis? Be specific and explain the fates of the nitrogen (amino group) and the remaining carbon chain.

**Eating Disorders:**

Define disordered eating.

Know who is at risk for eating disorders and disordered eating.

Why are Americans so prone to disordered eating and eating disorders?

What are some triggers for eating disorders: psychological, social and cultural?

What is muscle dysmorphia?

Who is prone to muscle dysmorphia?

For all eating disorders, what actions and behaviors can be taken to decrease the risk of developing eating disorders?

**Weight Control:**

What is BMI? Know how to calculate it. Know how to categorize based on BMI.

How does BMI relate to risk of certain diseases?

What is the problem with using BMI with athletes?

Be able to estimate appropriate weight for height using the Hamwi formula.

What are some health-promoting weight loss recommendations?

Be able to calculate how long it will take a person to lose a certain number of pounds if given the amount and level of calorie restriction. Example: how long will it take a person to lose 10 pounds if they subtract 250 calories daily? Or: If a person over consumes 500 calories per day, how long will it take to gain 10 pounds?

Describe the two fat storage locations and the health implications of each.