

Nutrition Study Guide
Chapter Nine
Energy Balance and Weight Management

- 1 How has the incidence of obesity changed in the United States between 1990 and 2009?
- 2 What diseases and conditions are associated with excess body fat?
- 3 As your weight increases, what happens to the balance between lean tissue and fatty tissue?
- 4 What the significance of knowing your body mass index? Bench marks?
- 5 Where is body fat located?
- 6 What do we mean by the apple VS the pear? Gender?
- 7 What is the significance of energy balance and the ability to change your weight?
- 8 What the difference between hunger and appetite?
- 9 How are these terms used to explain energy expenditures: total energy expenditure, basal metabolism, thermic effect of food?
- 10 How are excess calories stored? Explain for fat, protein, and carbohydrates?
- 11 What is the significance of your weight's "set point"?
- 12 How do these molecules influence your satiety: ghrelin, peptide YY, and leptin? Their functions?
- 13 What factors influence wight management?
- 14 How many Calories do you have to lose a pound? How many Calories are in a pound of fat?
- 15 What are the characteristics of these eating disorders: anorexia nervosa, bulimia, and binge-eating disorder?
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 - 6 How is the anatomy of the GI tract changed in a weight loss surgery?
- 17 What is carbohydrate loading? When might you do this? Why?