Objectives

By completing the Nutrition Basics module you will be able to do the following:

Define the following terms
- Nutrition
- Nutrient
- Diet (verb)
- Diet (noun)
- Dietary reference intake (DRI)
- Calorie
- Energy requirement
- Lean body mass
- Body mass index
- Marasmus
- Kwashiorkor

List the most metabolically active tissues in the body

Cite which tissue contains the largest energy reserve in the human body

Summarize the following concept: Relationship between basal metabolic rate and lean body mass

Summarize factors which impact a patient’s basal metabolic rate

Contrast fuel utilization during a short term (overnight) vs prolonged fast

Cite the BMI range for normal healthy individuals

Cite examples of how body mass index (BMI) can lead to misclassification of weight status

Give consequences of low levels of body fat vs excess levels of body fat

Cite consequences of acute and chronic protein calorie malnutrition (PCM)

Contrast marasmus vs kwashiorkor with respect to pathogenesis and clinical presentation

List the 3 classes of fatty acids which comprise triglycerides and summarize their primary sources and effects on plasma cholesterol levels

List the two essential fatty acids and characteristics of essential fatty acid deficiency
Define “trans-fats”, their primary sources and effects on cholesterol

With respect to weight reduction diets, summarize the factor which best predicts an outcome of weight loss