Objectives

By completing the Nutrition Basics on-line module you will be able to do 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
- Contrast marasmus vs kwashiokor 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