

Chapter 13

1. Define underweight, overweight and obese. Describe factors that determine healthy weight.
2. What is BMI, and how does it relate to estimates of health? Be sure to mention the numbers and what they mean.
3. How is BMI determined? Calculate your own BMI.
4. Is BMI the “last word” in determining a person’s health based on body composition? Explain
5. Discuss “strengths and limitations” of various tools for defining overweight.
6. What are the 3 components of energy expenditure?
7. Explain the many factors that can affect BMR.
8. What’s something you can do to increase your BMR (hint: think lean body mass)?
9. Talk about “pear-shapes” vs. “apple-shapes.” How is this determined/measured? How does this correlate with disease risk? Measure your own waist circumference.
10. Explain the effect that restrictive diets (very low kcal) have on BMR.
11. Explain the set-point and thrifty gene theories.
12. Explain how childhood lifestyle and diet composition can affect adult body composition.
13. Define/describe the terms hunger, appetite, and satiety.
14. Discuss how “psychologic and social factors influence behavior and body weight.”
15. Discuss pros and cons of low-carb diets, very low fat diets, and diets with moderate amounts of fat and carbs.
16. What are some reliable long-term strategies for weight-loss and maintenance?
17. Explain some problems with over-the-counter diet drugs, and herbal/dietary weight-loss supplements.
18. Explain how the 2 primary prescription weight-loss drugs work and what their short-term

side effects are. How much do we know about their long-term side effects?

19. Explain why slow, steady, moderate weight loss has proven to be, overall, the most successful strategy.
20. Explain some considerations for designing reasonable eating plans for weight loss.
21. How would an underweight person undergo a healthful weight gain?
22. Discuss the safety and efficacy of protein/amino acid supplements and steroids for muscle building and weight gain.
23. Do genes CAUSE obesity? Explain.
- 24.** Discuss some health risks of overweight (overfat), obese, and underweight.
25. How does gastric surgery work, and when is it appropriate?
26. Does liposuction permanently reduce weight?
- 27.** For a person who is obese, is it senseless to exercise regularly even if that person does not diet? Why or why not?
28. Why is physical activity important for maintaining a healthy body weight?
29. In order to lose a pound of fat per week, how many fewer kcals must you eat (or more kcals must you burn) per day? (from required link)
- 30.** Design a healthful diet plan based on Marion Nestle's Scientific American article, "Eating Made Simple."

No supplemental lectures; let me know if you think anything needs expansion or clarification-