

NSD 225

1. Difference between major minerals.
 - There are 6: Calcium, Phosphorus, Magnesium, Sodium, Potassium, Chloride
2. Why is a mineral called a Major mineral?
 - They are essential, no calories, need to make bones, active enzymes. Also need it in larger amounts.
3. How many calories per gram in minerals?
 - ZERO
4. What are electrolytes?
 - They are involved in fluid metabolism
 - Minerals that have Sodium, Potassium, Chloride
5. Best food source of zinc?
 - Beef is the best food source of Zinc (animal food sources)
6. What helps you absorb iron from your diet?
 - Vitamin C intake
7. What decreases the absorption of iron from diet?
8. What's the best food source of iron?
 - Liver is the best with oysters and shell fish
9. Difference between sea salt and table salt? Is it better than table salt? No
 - Sea salt is sold as containing iodine- FALSE. Sea salt doesn't have iodine. Table salt is iodized!
10. Main function of Iodine?
 - It is a thyroid hormone that influences the overall body metabolism and basal metabolism.
11. Main function of Zinc?
 - Needed for growth and sexual maturation.
12. Main function of Fluoride?
 - Part of the bones and teeth
13. Osteoporosis, how do you prevent it?
 - Eating more calcium
 - Women get it more because they don't eat enough calcium, pregnancy, lactation, smaller (less bones), and live longer than men.

- What is the age when you want to prevent it? 25

14. Chloride deficiency? What does it cause?

15. Calcium supplement that contains calcium carbonate such as TUMS how many mg of calcium are actually in a calcium carbonate supplement?

- 40% is calcium

16. Absorption of iron?

- Poorly absorbed
- 5-10% of iron in food is absorbed

17. Good source of potassium?

- Potatoes, orange juice, bananas
- Too much or too little potassium can cause cardiac arrest- not from foods but from supplements.
- Too much potassium = abnormal heartbeat
- Are there many good food sources of potassium? Yes.

18. Main function of magnesium?

- Part of bone and muscle, enzyme activator, transmission of nerve impulses.

19. Best food sources of iron?

- Liver is the best with oysters and shell fish

20. Main function of chromium?

- Acts as a cofactor for insulin and is needed for maintaining normal glucose metabolism.
- Chromium in humans declines with age.

21. Food sources of Phosphorous?

- Most functions than any other minerals when absorbed
- Present in nearly all foods and especially milk products, liver, and other food protein sources.

22. Food sources of Sodium?

- Foods highest in sodium are soy sauce, fast food, tomatoes soup, pickles, ham, chips, etc.

23. Where are getting most of your salt from?

- Processed foods

24. Does high salt intake cause high blood pressure?

- No

25. How can you lower high blood pressure?
- Diet and exercise
26. What supplements are recommended during pregnancy? Foods/dietary supplements?
- What do you absolutely need to supplement? Folic acid
 - What nutrient doubles during pregnancy? Intake of what nutrient should double? Folate/folacin
 - Pregnancy requires only 300 extra kcal per day during the second and third trimesters.
 - Vegetarian women need to plan their diets carefully for enough protein, Vitamin B-12, calcium, iron, and calories.
 - Folate RDA is over twice non-pregnant RDA supplements are often prescribed.
 - Need Zinc to grow, B-12 for RBS, calcium, phosphorus, mg for bones.
 - NO ALCOHOL DURING PREGNANCY (risk factor).
27. What happens to your BMR (basal metabolic rate) as you age?
- As you age, it goes up (slows down). The younger you are, the faster your metabolism.
28. Four reasons why adolescence are not well fed?
- Skip breakfast
 - Poor choice of snacks
 - Avoid milk because they think it is fattening
 - Fear of becoming fat/ Use of fad diets (especially by girls)
29. What happens if children, or anyone, skips breakfast?
- Can't concentrate, bad test taking skills, doesn't get enough nutrients
 - If you miss breakfast can you make up nutrients missed? No
30. Do teens and/or adolescence need snacks?
- Yes! 90% snack and can/do eat up to six times a day.
31. Which foods should be added first to infants diet after breast milk?
- Rice cereal and then strained veggies and fruit.
32. Eating disorders
- People with **anorexia** have weight loss, distorted body image, and fear of becoming fat.
 - People with **bulimia** eat secretly and then purge. They may be normal or overweight.
 - Both disorders may fast, exercise to extreme, vomit, use laxatives, diet pills, diuretics or saunas.
 - Anorexia and bulimia can be seen in combination in some people who eat up to 20,000 calories per day, purge and fast.