

1. Food Assistant Programs - EFAD, WIC, SNAP, school food programs

SNAP: cc

- Largest
- Low income families
- Electronics Benefits
- 4 person- \$668
- 2-\$200

WIC

- Provide food- kids up to 5 & Pregnancy
- Food, nutrition edu, prego
- 4-3,354

National School Breakfast:

- Free or reduced price breakfast before school

National School Lunch:

- Serve lunches that meet guidelines
- Family of 4 income 26,665= free lunches

2. Food insecurity - define

- Unable to obtain enough food to meet physical needs everyday due to money

3. bioechnology - define, health concerns?

- Identifying favorable genetic trait in a plant & transplanting into another
- Take specific genes from another food and adding it in
- Increase produce, slow ripening down
- Cons: Animal proteins
- Concerns: Health risks, allergies, ethics, resistant bacteria

4. Temperature requirements to preserve foods

- Keep food cold <40 F
- Keep food hot>140 F
- Danger zone 40-140 F
- Fridge- 35-40

5. How can you prevent food borne illnesses?

- Cook foods thoroughly

- Use pasteurized milk & eggs
- Use water from approved sources
- Wash all produce

6. All food borne illnesses review - symptoms, onset, prevention

- Ecoli, salmonella, mad cow disease

7. Sodium - function, RDA, hypertension, DASH diet, deficiency

- Function: Water balance, Nerve transmission, muscle contraction
- Deficiency- muscle cramps, dehydration
- RDA- 2400 mg if someone has hypertension of Type II- under 1500
- Hypertension- might be salt sensitive
- Diet- Low sodium less than 1500, fiber- increase fruit, red meat

8. Major vs Trace minerals - examples

- More in Major
- Trace is less

9. Dehydration - signs, prevention

- Signs: dry mouth, headache, tired, muscle cramps, don't sweat, dark urine
- Prevent: drink water-increase water intake=pregnancy, Type II, exercise, heat.

10. Characteristics of high protein diets

- Low carbs
- Glycogen is lost
- Water is lost
- Break down fat without glucose, Ketones build up and are dangerous
- Symptoms of Ketosis:
- Bad breath- Ketones
- Constipation- low fiber
- Fatigue, irritability- ketones

11. Benefits of vegetarian diets

- A lot of fiber
- Low risk of CVD & Type II
- Rarely obese
- Most likely to exercise
- Less likely to drink, smoke, do drugs

12. High protein diets - symptoms, are high protein diets healthy, why do people lose weight initially on high protein diets?

Not healthy!

- High in saturated fat & cholesterol
- Red meat is linked with colon cancer
- Low in fiber, vitamins
- May increase calcium loss
- Weaken bones over time

Symptoms:

- Glucose goes down
- Muscle tissue break down
- Fat broken down

Weight Loss:

- Water/glycogen stores
- Muscle loss
- Fat loss- body produces ketone

13. Protein requirements

- Avg protein requirement- .8 per gram per body weight

14. How to avoid dehydration?

15. Vegetarian diets - deficiency risk, complementary proteins

- Risks: B12- animal product, Iron, protein, Vitamin D,