

Test

Lipids during more exercise

Females need more calcium

Muscle fiber typers

- type 1 and type II (fast twitch- anaerobic)

exercise slows aging process

exercise

- stop reverse osteoporosis
- improve sleep
- offset risk for certain types of cancer
- cardiovascular health

volume matrix- more fruits and veggies fill stomach more than bad foods

- 15 alch
- 30 metabolism
- 15 energy bal and eating disorder
- 15 from exercise disorder
  
- low to moderate intakes moderate- alcohol dehydrogenase
- alcohol serving and kcal
- fetal alcohol syndrome- irreversible
- cirrhosis-
- Wernicke- korsakoff syndrome
- women are recommended to consume less alch because they have less water volume, adh activity, increased risk of cancers -
- anaerobic condition- 2 atp- make 4 use 2 net is 2
  
- solar energy in plants- energy in body
- amino acids that can be converted acetyl co a or directly enter the citric acid cycle are called ketogenic amino acid
- the 2 carbon acetyl co a combines with the 4 carbon oxaloacetate to form with the TCA cycle
- glycolysis starts with a 6c
- pyruvate converted to acetyl co a is first committed step
- glycogen enters energy metabolism as glucose phosphate in glycolysis
- what releases fatty acids from adipose tissue? - hormone sensitive lipase
  - o causes lypolysis
- in energy metabolism, the majority of ATP is synthesized in ETC
- vitamins and minerals serve as energy substrates in metabolic pathways- FALSE! Used as hormones and to activate enzymes
  - o energy from only things with kcals
- basal metabolism accounts for approx. 60-70 percent of total energy expenditure
- hunger - psychological drive
- appetite

- obese-
- underweight less than 18.5
- normal
- overweight
- low carb diet-ndangerous because dehydration can occur,
- 3500 calories are in 1 lb of FAT
- bulimia nervosa secretive binging, purging, misuse of laxatives
- increased basal metabolic rate- muscle mass, fever, growth
- protine reelease from fat that suppresses appetite- leptin
- m5-1.7 grams /kg to build muscle
- type II – fast twitch
- know difference
- female athelete triad- amenorrhea, boneloss, disordered eating
- amino acids not want to use for energy unless we have to therefore
- marathon running will tap into 15% of amino acid storage
- glycogen is storage for carbs when broken enters glycolysis as glucose phosphate the convert to pyruvate
- acetyl co a- all macro nutrients enter metabolic pathway, proteins can enter as acetyl co a
- DEXA best way to id obesity
- Glycolsis starts with 6c molecule nd breaks into 3 carbon molecules
- Underweight is less that 18.5
- Drink- men should only consume 3
- Scientific tool used to calculate energy- calomereter
- The tca cycle- how many NADH per 2 glucose molecules- 12
  - o FADH per 2 glucose- 4