

Nutrition College Bowl Study Guide

I. Nutrition

A. Guidelines for diet planning

1. Dietary Guidelines for Americans
2. myPlate
3. Food labeling

B. Recommended nutrient intakes

C. The major nutrients (recommended intakes, functions, metabolism, digestion and absorption, food sources, deficiency toxicity, and role in health):

1. Proteins
2. Carbohydrates
3. Lipids
4. Vitamins
5. Minerals
6. Water

D. Alcohol

1. Implications in health
2. metabolism

E. Energy balance and body composition

1. Estimating energy requirements
2. Factors affecting basal and total energy expenditure
3. Body fat distribution and its role in health risk
4. Methods for determining body composition

F. Lifecycle nutrition

1. Pregnancy and lactation
2. Infant nutrition
3. Childhood nutrition
4. Adolescent nutrition
5. Adult nutrition
6. Nutrition and the elderly

II. Medical Nutrition Therapy

A. Nutrition assessment

1. historical information including methods of assessing nutrient intake
2. Anthropometric measures
3. Biochemical analyses
4. Clinical exam

B. Routes of feeding

1. Enteral
2. Parenteral

C. Routine and transitional diets

1. Consistency modifications
2. Diets for disease conditions
 - a. GI disorders
 - b. Cardiovascular disease
 - c. Diabetes
 - d. Renal disease
 - e. Pulmonary disease
 - f. Liver disease
 - g. Trauma and stress
 - h. Cancer, HIV, and AIDS

D. Obesity

1. Causes
2. Health complications
3. Treatment

E. Drug-Nutrient Interactions

IV. Foods

A. Food safety and sanitation

1. Food borne illness
2. Preventing food borne illnesses

B. Principles of food preparation

1. Effect on nutrient availability/content
2. Methods of cooking

C. Storage

1. Proper storage procedures
2. Impact on nutrient content