Lecture 5: Active Learning Questions

1. *What are 6 nutrients* essential for life? *What are macronutrients and micronutrients? What are energy nutrients?*

2. *Why might a high daily animal protein intake* lead to inflammation & disease? *What is TMAO? What are dietary sources that elevate TMAO?*

3. *What are Blue Zones? What dietary and lifestyle habits are common to humans that live the longest? What is the Okinawan Longevity Diet?*

4. *Why emphasize a plant-based diet? If you lower your carbohydrate intake, which subcategory should you reduce?*

5. *Based on data from the National Weight Control Registry, what are some common features of those who lost ≥ 30 lb and maintained the weight loss for ≥ 5 yr? That is, what did they do?*