Lecture 5: Active Learning Questions

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

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

3. Why might a high daily animal protein intake lead to inflammation & disease? What is TMAO? What dietary sources elevate TMAO? What is neu5GC? What dietary sources elevate neu5GC?

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? What did Zuti’s & Golding’s research on exercise vs. dieting determine?