1. What do ghrelin and leptin do? That is, what is each of their functions? Where are they made? How do they influence eating and how are they related?

2. For each of the energy nutrients, list polymer starting- and monomer end-products. Identify key enzymes involved in hydrolysis for each of the energy nutrients. Where does final enzymatic digestion take place prior to absorption into the blood stream?

3. List 4 key recommendations by the American Institute for Cancer Research (AICR) on how to reduce cancer risk.

4. What are Blue Zones? What traits are common to people who live the longest? What is the primary staple for the Okinawan Longevity Diet? Why are carbohydrates important? Eat whole grains?

5. How much protein do we really need per day? Why might it be best to minimize red and processed meats? What is TMA? TMAO? Neu5GC?