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a diet that has an imbalance of fats, carbohydrates, and proteins or simply too much energy } Poor diet + physical inactivity = >400,000 deaths per year } Obesity is the 2nd leading cause of preventable death in NA } In the US, 60% of adults are overweight or obese } 300 million people world wide are obese & 750 million more are overweight In Children: } Obesity is now considered a global epidemic 22 ...

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A condition or behavior associated with an elevated frequency of a disease but not proved to be causal. Leading risk factors for chronic disease include obesity, smoking, high blood pressure, high blood cholesterol, physical inactivity, and a diet high in saturated fats and low in vegetables, fruits, and whole grains.

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9/25/2016 Understanding Nutrition Chapter 4 Flashcards | Quizlet 3/13 A "functional fiber" is one that A. occurs naturally in the intact plants. B. performs a specific function in the plant. C. is extracted from plants and has a beneficial health effect. D. is a polysaccharide that is stored primarily in muscle and liver of animals. C. is extracted from plants and has a beneficial health effect.

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Flash cards for HNFE 2014 - Nutrition Across the Life Span with Girmes-Grieco at Virginia Tech (VT).

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esophagus when a bolus of food is swallowed.Chapter 3 Nutrition Flashcards by ProProfs Study Flashcards On Nutrition Chapter 3 at Cram.com. Quickly memorize the terms, phrases and much more. Cram.com makes it easy to get the grade you want!Nutrition Chapter 3 Flashcards - Cram.com Study Flashcards On Nutrition Chapter 3 Test at Cram.com ...

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