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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 overweightIn 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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Nutrition Fifth Edition

9/18/2016 Quiz 1 Chapter 1 Flashcards | Quizlet 1/2 Quiz 1 Chapter 1 20 terms by ljeoma-Danielle

Which of the following statements best describes the science of nutrition? It studies how we use food to nourish our bodies This type of disease develops slowly over a long period of time. chronic Pellagra is an infectious disease that is spread through sharing food.

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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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