

Assignment05

Carb Confusion

- 1) No because eating too many calories from any source can cause your body to produce extra fat. Carbohydrates are one of the last ones, out of fats, protein, alcohol and sugar, to turn into body fat.
- 2) No, diabetes is when your body can't handle blood glucose normally. There are a number of factors which cause diabetes: the main one is genetics, but illness, being overweight / obese, getting older, poor diet and or low amounts of physical activity all count towards getting diabetes.
- 3) No, people believe that since sweets are usually present when friends and or the excitement of a party or event (the environment), parents mistake the energy for them as a result of eating sweets and incorrectly linking eating sweets must equal to having more energy.

All about Fat

- 1) Fats have 9 calories per gram.
- 2) Fats are essential to the hormones in your body that help regulate muscle contraction, immune function, blood clotting and blood pressure. Fats also help vitamins like A, D, E and K be carried through the bloodstream. They also help children grow normally and everyone maintain healthy skin.
- 3) HDL is known as “good” blood cholesterol because they carry high-density lipoproteins. HDL carry cholesterol and other blood lipids away from body cells to the liver so they can be broken down and excreted. They are made in response to physical activity and some foods.

LDL is known as “bad” blood cholesterol because they carry low-density lipoproteins. LDLs circulate to body cells, carrying cholesterol and other lipids where they may be used. Sometimes they form deposits on artery and other blood vessel walls. They are made in the liver and are only found in the body.

Triglycerides is a scientific name for fats found in both body and food. Most body fat is stored in triglycerides and they also circulate in the blood. Triglycerides act like saturated fat – so they trigger the liver to make more cholesterol so levels of total and LDL cholesterol rise.

- 4) Omega- 3 fatty acids (EPA and DHA) – a type of polyunsaturated fatty acids – are found mostly in seafood, especially oily fish such as mackerel, tuna, salmon, sardines and trout. There is evidence that it helps thin blood and prevents blood platelets from clotting and sticking to artery walls. This reduces the risk of blocked blood vessels, heart attacks and strokes by lowering levels of triglycerides and blood pressure. It also helps pregnancy and nursing by having higher DHA levels in breast milk and better cognitive development and vision.

Omega-6 fatty acids are another type of polyunsaturated fats in vegetable oils. They also help reduce cardiovascular disease.

- 5) Fat-based replacers are foods which their fat has been altered. They contain few or no calories because the body is unable to absorb them and they are used mainly in baked, fried or dairy foods and cake mixes and frosting. They are in our food supply because they provide taste but no calories. Some examples are salad dressing, mayonnaise, cheese, ice cream, candy and yoghurt.
- 6) For a normal healthy adult, you should consume < 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids. You should consume < 300mg of dietary cholesterol daily.
- 7) In a single egg, there are 185mg of cholesterol
- 8) If you have a 2000 – 2500 calorie diet, fat grams should equal to less than 30% of calories from fat because you may get vitamin E shortage and for your general health. For heart health, the AMA advises < 7% of calories from saturated fats.
- 9) Animal-based foods contain a lot of saturated fats, like their meat, butter, milk and cheese. You can replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils. You can also limit eating refined grains, use oils to replace solid fats and also increase the amount and variety of seafood eaten.
- 10) Coconut fat is not a better replacement for other fats. Just like any food, each one has its own benefits and limited accordingly. There is no “one good food”, there has to be a balance in each, and it’s how you balance your diet, take care of your body and health and all go towards living a healthy lifestyle.