

Assignment 8 Phytonutrients, Supplements and Super Foods PED 161.003 Fall 2016
MUST BE TYPED - DUE Nov 14

Phytonutrients (pg 153 - 157)

1. What is a phytonutrient? give 3 characteristics of phytonutrients and tell how it differs from a Vitamin
2. What is the role of phytonutrient in health
3. List 3 phytonutrients, what food it is found in, and what it does for our health
4. What are ORAC units? What does an ORAC unit measure? (see page 138)

VITAMINS AND SUPPLEMENTS

1. Answer the questions on pg 631 below - without looking at the correct answers: Don't worry about being right or wrong - that is not the point. I want you to see what you think, THEN look at the correct answers are on page 631.
 1. Fact or Myth
 2. Fact or Myth
 3. Fact or Myth
 4. Fact or Myth
 5. Fact or Myth
 6. Fact or Myth
 7. Fact or Myth
 8. Fact or Myth
 9. Fact or Myth
 10. Fact or Myth
2. Pick 2 that you got wrong and give then summarize what the correct answer is. If you got them all correct, then pick 2 that you think are most often misunderstood and summarize what the correct answer should be and **why** you think other people get it wrong.
3. Read pg 632 - 633. Pick one group of people for whom supplements might be a good idea and why according to the text and when supplements could be harmful
4. Look at page 638 - 640. Select 2 supplements that either you currently take, or are interested in, or have heard of and for each answer:
 - a. What is the health benefit claim
 - b. Is there adequate science to back up the health benefit claim
 - c. What are some other factors of which to be aware if you take this supplement
5. Read pg 641 - 643 Are the federal regulations in place enough to safeguard the American Public regarding the efficacy, effectiveness, dosing and purity of supplements in the US?