

Chapter 7: Metabolism

What is metabolism?

Know what an anabolic reaction and a catabolic reaction are

Know which one use energy and which one releases energy

What is the major energy carrier molecule in most cells?

Know the major metabolic functions of the liver Table 7-1 page 207

Know what is an aerobic reaction and an anaerobic reaction

When does lactic acid accumulate in the muscles?

Know what the Cori Cycle is

What is the major fuel for the brain, nervous system, and red blood cells?

If the body has insufficient carbohydrate to make glucose, what else can be used to make glucose?

Know what part of the triglyceride can be used to make glucose

When nutrients are eaten in excess, which ones can be stored as fat?

When fasting, what does the body use first for energy?

What does the body eventually adapt to use after long term fasting?

What is ketosis?

What are the adverse side effects of ketogenic diets? See margin on page 228

What is considered moderate level of alcohol consumption for men and women?

What is affected first when a person begins to drink alcohol?