

## **Chapter 8: Energy Balance:**

Know what percent is fat weight and what percent is lean weight when weight is gained or lost

Know the difference between hunger and appetite

Know what satiety and satiation are

What is the most satiating macronutrient (ie, protein, carbohydrate, fat)?

What cues might trigger you to override satiety?

What is basal metabolism and basal metabolic rate (BMR)?

What factors affect the BMR, ie, what factors increase it and what factors lower it?

What percent of your daily energy expenditure is used for basal metabolism?

What accounts for the difference in BMR between males and females of the same body weight?

How much does the average energy (kcalorie) expenditure decline with each passing decade?

Know what the Body Mass Index is (BMI)

Know the classifications of the BMI- underweight, healthy weight, overweight, obese-  
And what BMI number correlates with each category

Know the range of body fat content for normal weight women and men

What is central obesity?

Know which chronic diseases are related to central obesity

Know the waist circumference measurement for men and women at which obesity related health problems increase

What are the health risks being overweight?

What is metabolic syndrome?

Know the characteristics of anorexia nervosa (Highlight)