

Chapter Ten – Reaching and Maintaining a Healthy Weight quiz clues

- ✓ List two methods for determining your body composition (body fat)
- ✓ Know what percentage of Americans are estimated to be overweight or obese by 2030
- ✓ Know how many years of life expectancy you will lose for every 3 lbs. of being overweight
- ✓ Define calorie (exact wording from text)
- ✓ List two contributing factors to being overweight-obese
- ✓ List two tips for sensible snacking
- ✓ List two eating triggers mentioned in the book or lecture that effect **you**
- ✓ Know how many calories make up 1 pound of fat
- ✓ Name an eating disorder which affects predominately young women
- ✓ Know how many teaspoons of sugar are in a 20oz. soda
- ✓ Know what percentage of those with a serious eating disorder will die from it?