Chapter Eleven – 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

✓ List two contributing factors to being overweight-obese

✓ List two tips for sensible snacking

✓ 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