

HUN 1201

Exam 2 Review Sheet

1. Mechanical vs. chemical contributors to digestion, examples, functions, gastric and intestinal (including accessory organs') secretions.

2. GI system: functions, anatomy, location of sphincters, small intestine segments.

Small intestine segments:

-Duodenum

-Jejunum

-Ileum

3. Digestive disorders (celiac disease, IBS, Reflux disease)

4. Other aspects of digestion, such as stomach emptying

Liquids, carbs, low-fiber and low-calorie foods exit stomach faster

High fiber, fat and protein foods exit slower, keep you feeling full longer

5. Innate food taste preferences

6. Appetite vs. hunger.

7. Role of carbs in human nutrition

8. Carb classifications: simple vs. complex, examples, absorbable sugars

9. Dietary fiber classifications, physical properties/characteristics and possible health benefits of each, intake recommendations, best dietary sources.

10. Aspects of lactose intolerance.

11. Hormones involved in blood glucose levels, their specific effects.

12. Glycogenesis vs. glycogenolysis vs. gluconeogenesis

13. Ketone bodies (what can contribute to their formation?)

14. Sweeteners used by food manufacturers, are they identified on a food package?

15. Sugar substitutes: general aspects (assigned reading)

16. Dietary providers of simple sugars (main provider), nutritional aspects of the various forms of these, intake recommendations

17. Diabetes (DM): most common type, possible health consequences of uncontrolled DM, dietary recommendations.

18. Foods with high Glycemic Index (Score)

19. Results of milling of whole grains (assigned reading)