

January 9 Syllabus

We went over the syllabus, it can be found on Blackboard.

January 11 Chapter 1

Food Intake Behavior

Lifestyle

Household Structure, Composition, and traditions

- Nutrition Knowledge
- Current Health Status
- Health Beliefs
- Values
- Personal Preference
- Social Interaction
- Income
- Education
- Occupation
- Ethnic Identity

Food production and distribution system

Socioeconomic and political system

Leading Causes of Death

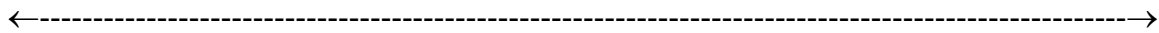
- Heart Disease*
- Cancer*
- Stroke*

- Chronic lower respiratory diseases
- Accidents
- Diabetes*
- Pneumonia and Influenza
- Alzheimer's Disease
- Kidney Disease
- Infections of the blood

*- Can be related to the person's diet

Nutrition and Disease

Down syndrome	Osteoporosis	Diabetes	Vitamin deficiencies	Sickle-cell
Anemia	Cancer	Hypertension	Mineral deficiencies	
	Infections	Heart Disease	Iron-deficiency anemia	
	Diseases		Toxicities	
Poor resistance to disease				



Nutrition-unrelated (Genetics)

Nutrition-related

Nutrition to Prevent Disease and Promote Health

Tomatoes → Prostate Cancer

Oat Bran → Inflammatory Bowel Disease

Whole Wheat Bread → Heart Disease

Sodium → Hypertension

Milk → Osteoporosis

Flaxseed Oil → Makes kids smarter???