**Foods, Nutrition and Wellness Comprehensive Final Study Guide**

*Use your notes, worksheets and the book to take notes on the below topic.*

* 3 factors of Wellness
* Characteristics of the Wellness Continuum-Optimum Health vs. Premature Death
* Factors/Influences of food choices
* Risk Factors
* Causes of constipation
* Food Allergy
* Digestion
* Where most digestion takes places
* How long food sits in stomach
* How emotions effect digestion
* MyPlate
* Daily Values
* Percentage Daily Values is based on…
* Dietary guidelines
* Nutrient Dense Food
* SOFAS
* Good sources of calcium, protein, carbs, etc
* Saturated fats and foods that contain saturdated fats
* Foods and Fats that cause high cholesterol
* Grouping Incomplete proteins together to make a complete protein
* Water Soluble vs. Fat soluble Vitamins
* What nutrient do pregnant when particularly need? When should they begin taking it?
* What is Osteoporosis –cause and preventions
* Good Snack for a growing child
* What is the energy balance?
* Thermic effect of food
* Good resources/options for weight loss
* Good weight loss plan
* Life Cycle
* Adolescence