Ch. 6 Protein Review

1. Are amino acids easy to digest?
2. Can protein help maintain a steady blood glucose level?
3. Do most people in the US meet their protein recommendation?
4. What is PEM? Is it widespread?
5. Can vegetarian diets be consistent with good health and meet protein needs?
6. Do vegetarians in general have higher or lower hypertension rates than the general population?
7. What element is found in protein that is not found in carbohydrates or fats?
8. What accounts for the differences in amino acids (what part)?
9. What type of bond holds amino acids together?
10. How many amino acids are said to be essential?
11. What determines the sequencing of amino acids?
12. List four types of denaturation of proteins.
13. Does excess protein consumption ensure bigger muscles for athletes?
14. What is meant by protein turnover?
15. Are amino acid supplements needed for the body to synthesize proteins?
16. What percent of the total calories does the DRI recommend come from protein?
17. What is mutual supplementation?
18. What type of amino acids are best absorbed by the body?
19. What are some symptoms of a child with marasmus?
20. Does excessive protein enlarge the liver?
21. Does fruit provide significant sources of protein?
22. Do foods increase the acidity of the stomach?
23. What is edema? What role of proteins in insufficient if this exists?
24. What type of person would have the highest DRI per unit of body weight? Why?
25. What are benefits of being a vegetarian?
26. Be prepared to answer an essay question on one of the following topics:
    1. Amino acid supplements
    2. Protein’s role in fluid and electrolyte balance
    3. An oversupply of amino acids
    4. Factors that influence the digestibility of protein
    5. Causes and symptoms of Marasmus and Kwashiorkor
    6. Risks of overconsumption of proteins
    7. Advantages and limitations of legumes as meat alternatives
    8. Why do vegetarians have lower blood pressure than non-vegetarians?
    9. The relationship between vegetarian diets and the risk of colon cancer.