

Nutrition and Disease
83.123

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Required texts:

- 1) Nutrition for Healthy Living, 2013, Wendy Schiff, Third Edition (paperback), McGraw-Hill Publisher
- 2 The T-Factor Fat Gram Counter (paperback), Jamie Pope and Martin Katahn, W.W. Norton & Company, Inc.

Course Overview:

Nutrition and Disease presents a detailed review of the Dietary Guidelines for Americans. Nutrition and the Dietary Guidelines are then considered in relationship to: obesity, diabetes, heart disease, cancer, alcohol use, and eating disorders. Examples of the nutrition-chronic disease link, prevention strategies, and practical dietary/physical activity recommendations are considered throughout the course. Assignments involve collection/summary of information on daily exercise and food/drink consumed as related to the Dietary Guidelines. Outside readings provide personalized illustrations of disease risk and current methods of diagnosis and treatment.

TOPIC/ASSIGNMENT

TO READ/DO

Overview: Nutrition & Disease	2-24
Dietary Guidelines for Americans 9/5	62-73
Do Lifestyle Analysis 9/10	Handout
Nutrition & disease relationship 9/10	8-9

TOPIC/ASSIGNMENT

TO READ/DO

Eating away from home **9/10**

Handouts, 378

1st assignment: due next class 9/10

Bring in 3 different Nutrition Facts (Food labels)

2^d assignment: due next class 9/10

Fill out: “My Nutrition Scoreboard”

3rd assignment 9/10

Fill out: “Food groups I ate” chart

4th assignment: due at 1st exam

Start “My diet analysis” “What I ate charts”, 3-day average using T-Factor book & Schiff: 27, 81,88: **5 extra credit points: 1st exam**

Dietary Guidelines: Just the facts **9/10**

65-72

How to read food labels **9/10**

73-80

Your body chemistry **9/12, 9/17**

93-104, 123-137 (carbs), 157-170, 174-175 (fats), 200-237 (protein), 240-284 (vitamins), 296-346 (minerals, water)

5th assignment

Hot dog man: protein calculation: **2 extra credit points- 1st exam**

1st EXAM

September 19th

TOPIC/ASSIGNMENT

TO READ/DO

How you digest food **9/24, 9/26**

105-118, 131-134
(carbs), 165-169 (fats),
209-212 (protein)

Food Groups **10/1**

62-65

Carbohydrates **10/1**

135-138, 142-146

Fats **10/3**

177-182

Safe Foods **10/8**

432-462

2d EXAM

October 10th

BMI worksheets **10/15**

Handouts, 366-367

Nutrients and calories **10/15**

3-18, 69-73

Exercise **10/17**

317, 361, 400-429

Body weight/energy balance **10/17**

350-365

Obesity **10/22, 10/24**

366-389

Diets

Handouts, 385-389

Diabetes **10/24, 10/29**

138-142, 325-326

Fast Food Analysis

Extra credit: 3 points

3rd EXAM

October 31st

Sodium and potassium **11/5**

318-325

Heart disease **11/7, 11/12**

170-183

NO CLASS

NOVEMBER 14TH

TOPIC/ASSIGNMENT

TO READ/DO

Cancer **11/19, 11/21**

285-291

Alcohol **11/26, 12/3**

184-193

Eating Disorders **12/5**

390-395

Important nutrition WEB sites

www.
Dietaryguidelines.gov
Healthypeople.gov/2020
Choosemyplate.gov
supertracker.gov
health.gov/paguidelines
ars.usda.gov/services
nal.usda.gov/fnic/foodcomp/search

FINAL EXAM

Re-do Diet analysis
Start vs. end semester
Comparison: **5 extra
credit points**

GRADING:

Each exam: 25% of grade + extra credit points if assignments completed.

CLASS RULES

- 1) No private conversations**
- 2) No electronics (cell phones, text messaging, computers, etc.)**
- 3) Honesty is expected on all exams and assignments**
- 4) Good class notes should be taken**
- 5) Notebook should be kept for all handouts/assignments**
- 6) No extra credit except where indicated**
- 7) Assignments are due on dates scheduled**
- 8) Exams must be taken on dates scheduled**
- 9) Essay make-up exams with authorized written excuse**
- 10) Have fun**
- 11) Do well**

9/13