

HEALTH AND WELLNESS STUDY GUIDE EXAM 4

**CHOLESTEROL?
GOOD CHOLESTEROL
BAD CHOLESTEROL
SIX ESSENTIAL NUTRIENTS AND WHAT THEY DO
PERCENTAGE OF DAILY CALORIC INTAKE FOR MACRONUTRIENTS
A B C 'S OF HEALTH
STRESS
STRESSORS
STRESS RESPONSE
EUSTRESS\DISTRESS
PHYTOCHEMICALS
VITAMINS: WATER SOLUBLE/ FAT SOLUBLE
NUTRITION
FATS THOSE GOOD FOR YOU AND THOSE NOT
ANTIOXIDANTS
FREE-RADICALS
PSYCHONEUROIMMUNOLOGY
G A S
HANS SELYE
CHEMICAL PRODUCED BY THE BRAIN WITH REGARDS TO STRESS
EATING DISORDERS
METHODS OF STRESS RELEASE
CHD
CVD
WATER INTAKE
OBESITY VS OVER WEIGHT WHAT IS THE DIFFERENCE
HYDROGENATION
FIBER
DISEASES ASSOCIATED WITH DIET LACKING IN ESSENTIAL NUTRIENTS
PLAQUE AND ASSOCIATED DISEASES
IRON DEFICIENCY
CALORIE? CALORIE CONTENT OF SIX ESSENTIAL NUTRIENTS**