

Adult Nutrition

1. “The type and amount of _____ has a significant impact on body composition, including lean body mass, fat accumulation and relocation, and bone density”
A. body mass
2. _____ typically continues to develop until roughly age 30 and is related to amount of dietary calcium and weight bearing exercise in prior years.
B. physical activity
3. Around age 40, men and women begin to gradually lose _____ mass.
C. estrogen
4. Muscular strength peaks around age _____ but regular use of muscles and weight training affects strength as well as muscle size and retention.
D. decline
5. As adults age their dexterity and flexibility _____.
E. Menopause
6. _____ (more calories consumed than calories needed/used) between the ages of 20-64 results in weight gain and storage of excess energy as fat.
F. 25-30
7. Storage begins with _____ fat cells (under the skin) then shifts to creation of _____ fat (visceral) and storing fat in other tissues like the heart, vessels, liver and muscle.
G. bone
8. The decline of _____ production often begins in a woman’s early 50s and continues through menopause (the end of a woman’s reproductive capacity)
H. Bone density
9. Women with a greater _____ tend to have later menopause.
I. subcutaneous, abdominal
10. _____ is associated with increased abdominal fat, bone loss, and cardiovascular disease.
J. Positive energy balance