

Question 21

1 / 4 pts

What are the requirements for someone to be eligible to take medications, go on an extremely low-calorie diet, or have bariatric surgery?

Your Answer:

They have to be more than 100 lbs over their target weight, and diet and exercise must have been ineffective

BMI of >30, or >27 with co-morbid health risks.

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Question 25

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The Paleolithic or Caveman Diet (aka Paleo) is based on the idea that human ancestors up to 10,000 years ago ate a very different diet than our modern one, and a change back to the type of eating of our ancestors will help dieters to lose weight by decreasing appetite and increasing energy by matching our eating to our genes. During the paleolithic period, people were hunter gatherers, so any food commonly farmed would be eliminated, thus dieters cannot consume dairy, legumes, refined sugar, salt, potatoes, processed foods or grains. Along with weight loss, the diet touts improved glucose tolerance, blood pressure control, lower triglycerides and appetite management. Because of the need of fresh fruits and vegetables, nuts and seeds and wild, grass-fed or unfarmed meats, the paleo diet can be very expensive to maintain. Celebrities like Jack Osbourne, Megan Fox and Jessica Biel are rumored to eat via the Paleo diet.

Part 1: Is the Paleo diet a fad diet? List at least 3 pieces of evidence to support your answer.

Part 2: Based on the description of the diet, what type of diet category (low fat, low carb, novelty) does it fit? Explain your answer.

Your Answer:

Yes, It heavily restricts multiple food groups, it claims to be a "cure-all", and is promoted by celebrities. Paleo would be considered a novelty diet, but also low carb

Part 1: Yes, options for evidence include: quick weight loss, celebrity endorsement, limited selection of foods, expensive , cure all, does not recognize role of exercise

Part 2: Low Carbohydrate because of the grain restrictions