

Human Nutrition

Answer1

A person at the age of 40 experiences low metabolic activities as compared to a young person at the age of 10 to 30 years. A 40 year old person will thus require a thorough exercise and strict balanced diet. First, the woman ought to avoid fast and junk foods. These foods facilitate increase in weight and their consumption may work against weight loss goal. The victim should avoid heavy meals at all times, eat light food in the evening preferably fruits and an average meal in the morning.

Sample menu

Morning		dinner	
Vegetables	50gm	fruits	50gm
Egg	1	water	2 cups
Milk/drink	50gm		

In reality, a woman takes an average of 13 weeks to lose 40 IBs. However, this is different in the case of a male person. A man will take less time to lose the same weight because of the vigorous activities carried thus exhibiting high metabolism.

Answer 2

First foods are rich in fats and sugars and release a lot of heat during metabolism. This may cause loss of energy through dehydration and thus the boys are likely to underperform during the match. During the next match, the boys should take simple energizers like glucose or vita 500.

Answer3

Caffeine is a good example of ergogenic aid. Users of this acid aim at boosting their energy and hence improved performance. In addition, Caffeine is associated with other benefits like increased activity and eradication of laxity. Continuous use of this acid is risky because it may be addictive making the user permanently dependent. In totality, the risks outweigh the benefit and thus I would not consume this substance.

Answer4

Corn subsidy in the US has resulted to increased production of this crop. As a result, most of our food choices are either direct or indirect corn. For instance, flour is an indirect corn while maize is direct corn food.