

CHEM 125X

Discussion Questions

January 27, 2016

1. What are the justification on why low fat diets don't work? Do you agree with this new train of thought? Why or Why Not?
2. Cardiovascular disease is still the leading cause of death in the US. Do you think that this new movement to raise calories in the diet from fat and lower carbohydrate help or hinder the progress in lower heart disease rates in the US?
3. The podcast scientist discussed the Biological Control Systems. How do they work? How do these systems control weight? How does the body resist change?
4. What do you think Americans should eat for breakfast based on this podcast and Why?
5. There was discussion about the three types of diets. Low fat (20% Fat), Mediterranean Diet (40% Fat) and Atkins (60% Fat). Out of those 3 which diet do you think the average American should follow and why?