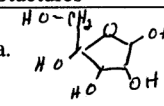
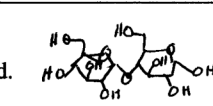
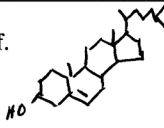
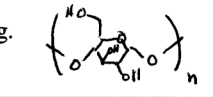


Name

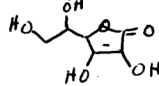
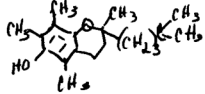
Exam 2

1. 14 points Matching

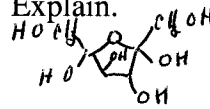
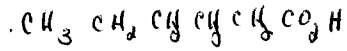
_____ and _____	Structures	Descriptions
_____ and _____ Protein	a. 	1. Healthy dietary fat
_____ and _____ Saturated Fatty Acid	b. $\text{CH}_3\text{CH}_2\text{CH}_2\text{CH}=\text{CHCH}_2\text{CO}_2\text{H}$	2. N containing nutrient
_____ and _____ Cholesterol	c. $\left( \text{NH}-\underset{\text{R}}{\text{CH}}-\overset{\text{O}}{\parallel}{\text{C}} \right)_n$	3. Tend to be solids at room temperature
_____ and _____ Monosaccharide	d. 	4. Glucose is example
_____ and _____ Polysaccharide	e. $\text{CH}_3\text{CH}_2\text{CH}_2\text{CH}_2\text{CH}_2\text{CH}_2\text{CO}_2\text{H}$	5. Fatty substance with no calories
_____ and _____ Unsaturated Fats	f. 	6. Dietary Fiber is example
_____ and _____ Disaccharide	g. 	7. Lactose is an exmple

2. 2 points each

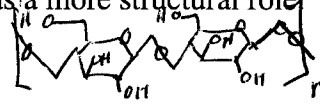
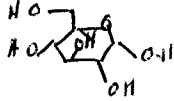
a. Which of the following is more likely to be water soluble? Explain.



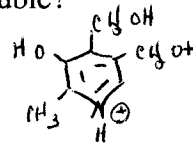
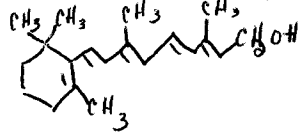
b. Which of the following has more energy? Explain.



c. Which of the following has a more structural role? Explain



d. Which of the following is more fat soluble?



3. Joe weighs 176 lb. In a typical day he ate 2500 Calories from
- 90 g protein,
  - 1500 Cal from carbohydrates
    - 180 g from sugar
    - 5 g fiber
  - 640 Cal from fat;
    - 360 Cal from saturated fat
    - 280 Calories unsaturated fat
    - 500 mg cholesterol

**15 points**

Rate Joe's diet for each of the nutrient categories; compare it to the recommended amounts of each: Show your calculations

a. protein

b. carbohydrates

c. sugar

d. fiber