

Final Exam (Part 2)

Question 1

Which of the following statement(s) is/are true:

- A. Candidates for Minnesota State Auditor have to be a Certified Public Accountant (CPA).
- B. A Low-Fat/Low Cholesterol Diet is healthier than a Low Carb (carbohydrate) Diet.
- C. Candidates for Minnesota Attorney General have to be an attorney.
- D. Carbon dioxide is plant food, not pollution. Studies consistently show that higher CO₂ levels increase the mass of plant root, trunk, leaves and fruit, resulting in a booming biosphere.
- E. All of the above.

B. Incorrect:

Contrary to popular belief, researchers are now finding that low-fat/low cholesterol diets are not as effective for weight loss and cardiovascular health as diets that are lower in carbohydrates. Excessive carbohydrate intake causes an increase in blood sugar levels, which then triggers an insulin release from the pancreas. The insulin helps to decrease the blood sugar levels by helping the body to store the sugar molecules for use later. If the stores are full, the body then turns the excess sugar into fat to be stored in the fat cells. As the whole process occurs, insulin turns the fat storage hormones on and the fat burning hormones off, making it more difficult to lose weight. This whole process also has an unfavorable impact on triglycerides and certain types of cholesterol, increasing your risk for developing heart disease. Surprisingly enough, the cholesterol you take in through diet is much smaller than the cholesterol that your liver produces every day to be used for various functions in the body. (*Sandy Wiita, MD*)