
II. **Cell Metabolism Connections** LS 2012 fig 2-9 thru 2-12 +…

III. **Introduction to Genetics** LS ch 2 p 20-1 + Appendix C

B. How does information flow in the cell? fig C-6
C. How does DNA differ from RNA? pp A-20 thru A-22
E. How & where are proteins made? fig C-7, C-9
F. Class skit: Making proteins @ ribosomes!

IV. **Nutrition Primer** DC Module 2, Sizer & Whitney (S&W) Sci Lib

A. Essential Nutrients: H₂O, ¹⁰ Carbohydrates, ²⁰ Fats, ³⁰ Proteins, Vitamins, Minerals; Macro- vs Micro-?
B. Dietary Guidelines: USDA, AICR, Eat Like the Rainbow!
AMDR? Adjusted Macronutrient Distribution Range!
D. Nutrition Quackery, Balanced Approach Kleiner, Monaco+
4 oz → 3 oz

Deck of Cards

1 c

raw → cooked

1/3 c

1 oz

1.5 oz
Cashing in electrons at the Electron Transport Chain (ETC) produces an abundance of ATP energy molecules!

Cytosol

Outer mitochondrial membrane

Rod Capaldi
U of O Biology

fig 2-12 LS 2012
Goals of Aerobic Metabolism

AEROBIC \( w/O_2 \) = MITOCHONDRION

CITRIC ACID CYCLE

harvest electrons \( e^- \) "cash in" for ATP Energy!!

ELECTRON TRANSPORT CHAIN
Time-out for questions!
What are DNA’s major functions? Heredity + Day-to-Day Cell Function
What does DNA look like? Double-helix!!
Gene = Stretch of DNA that codes for a protein

cf: LS fig C-3
What does DNA do, day-to-day?

DNA → Transcription → RNA → Translation → Protein

Replication → Nucleus → Cytoplasm

cf: LS fig C-6
<table>
<thead>
<tr>
<th>DNA</th>
<th>RNA</th>
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</thead>
<tbody>
<tr>
<td>1. Double-stranded</td>
<td>1. Single-stranded</td>
</tr>
<tr>
<td>2. Deoxyribose (without oxygen)</td>
<td>2. Ribose (with oxygen)</td>
</tr>
<tr>
<td>4. Self-replicative (can copy itself)</td>
<td>4. Needs DNA as template</td>
</tr>
<tr>
<td>5. Nucleus (+mitochondria)</td>
<td>5. 1(^0) Cytoplasm (but Nucleus origin)</td>
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<td></td>
<td>6. mRNA, rRNA, tRNA</td>
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</table>
**Triplets of bases code for amino acids, the building blocks of proteins**

<table>
<thead>
<tr>
<th>DNA code word</th>
<th>mRNA codon</th>
<th>tRNA anti-codon</th>
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<td>TAT</td>
<td>AUA</td>
<td>UAU</td>
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<td>ACG</td>
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<td>ACG</td>
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<td>TTT</td>
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<td>UUU</td>
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<td>TAC</td>
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<td>First base of codon</td>
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<td>Gly</td>
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</tbody>
</table>

Translation? Ribosomes Make Proteins

1. Large subunit
2. Amino acid
3. tRNA
4. Anticodon
5. mRNA
6. Leader sequence
7. First codon
8. Second codon
9. Steps 5 through 8 are repeated

First ribosomal binding site
Second ribosomal binding site
Transfer RNA (tRNA)
A Polyribosome. Which Way is Synthesis?
Class Skit, Questions & Discussion!

What's a ribosome?

A protein synthesizing factory, where translation takes place!

You rock, baby!
TIME OUT

BREAK!
Macronutrients & Micronutrients
Essential for Life

Macronutrients

H₂O/Water

✓ 1⁰ Carbohydrates

✓ 2⁰ Fats/Triglycerides/Lipids

✓ 3⁰ Proteins

Micronutrients

Vitamins (A, D, E, K; C + B)

Minerals (K⁺, Na⁺, Ca²⁺, Mg²⁺, Fe²⁺, Zn²⁺, …)

Sample Food Sources

Water, other drinks, fruits & vegetables

Grains, vegetables, fruits, dairy products

Meats, full-fat dairy products, oils

Meats, legumes, dairy vegetables

NB: Need only minute quantities!

Vegetables, vegetable oils, fruits, citrus, grains, dairy

Fruits, vegetables, grains, nuts, dairy, meats, processed foods

✓ Energy nutrients = yield ATP
Willett & Stampfer Suggestions 2003

- Red meat and butter: Use sparingly
- White rice, white bread, potatoes, pasta and sweets: Use sparingly
- Dairy or calcium supplement: 1 to 2 servings
- Fish, poultry and eggs: 0 to 2 servings
- Nuts and legumes: 1 to 3 servings
- Vegetables: In abundance
- Whole grain foods: At most meals
- Fruit: 2 to 3 servings
- Plant oils (olive, canola, soy, corn, sunflower, peanut and other vegetable oils): At most meals

NEW FOOD PYRAMID

Daily exercise and weight control
US Modifications to 1992 Food Pyramid 2005

- **Fats, oils, and sweets**
  - Use sparingly
  - "good" fats!
  - saturated & trans fats!

- **Milk, yogurt, and cheese group**
  - 2–3 servings

- **Vegetable group**
  - 3–5 servings

- **Meat, poultry, fish, dry beans, eggs, and nuts group**
  - 2–3 servings

- **Fruit group**
  - 2–4 servings

- **Bread, rice, pasta, and cereal group**
  - 6–11 servings

- **Regular Physical Activity: Exercise! Exercise!!**

- KEY
  - Fat (naturally occurring and added)
  - Sugars (added)
Dietary Guidelines for Americans 2005
Food Guidance System

1. ↑ emphasis on ↓ kcal + ↑ exercise.
2. 9-A-Day! 4 fruit + 5 vegetable servings.
3. > 3 of 6 whole grains → ½ whole grains!
4. 3 servings of dairy, eg 3 c fat-free milk.
5. ↓ saturated + trans fats + ↑ unsaturated/
   “good” fats, eg Ω-3 fish, walnuts.
6. Drink in moderation if at all.
7. Practice food safety.

Hooray!
1. Vary your veggies. Fill ½ your plate with fruits & vegetables!

2. Focus on fruits. Whole fruit preferable to juice, but any fruit counts! Fill ½ your plate with fruits & vegetables!

3. Make at least ½ of your grains whole grains!

4. Go lean with protein. Keep protein to < ¼ plate! Nuts, beans, peas, seeds, poultry, lean meat, seafood,…

5. Get your calcium-rich foods. Buy skim or 1% milk. Go easy on cheese!

MyPlate launched June 2, 2011
Diet & Health Guidelines for Cancer Prevention

1. Choose a diet rich in variety of plant-based foods.
2. Eat plenty of vegetables & fruits.
3. Maintain a healthy weight & be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat & salt.

And always, remember...
Do not smoke or use tobacco in any form.

American Institute for Cancer Research (AICR)
Your plate should be the size of a Frisbee, not a manhole cover.

When it comes to colorful foods, Fruit Loops don’t count.

A surprising number of people get 1/5 of their calories from sodas or other liquids.

If you look at the label & need a chemistry degree to read it, put the item back on the shelf!


NB: Each group 500 kcal deficit/day, 16 weeks
Exercise is better than dieting in lowering body fat & preserving muscles!
Dietary Composition & Physical Endurance

- High-fat diet: ~1/3 endurance!
- Normal mixed diet: 57 min
- High-carbohydrate diet: 114 min
- Lowest: 167 min

eg, Atkins!
Negative Effects of Low Carbohydrate

1. ↑ fatigue/exhaustion central & peripheral!
2. ↓ glucose – brain+spinal cord, rbcs thrive upon.
3. ↓ variety which reduces intake of phytochemicals, vitamins, minerals & fiber.
4. ↑ risk of respiratory infections.

+ gall stones, ↓ thermoregulation...
We’re better at storing fat vs carbohydrate!

Dietary Fat

3 % Kcal

Body Fat

23 % Kcal

Dietary Carbohydrate
To Help Lower Body Wt & %Fat
EXERCISE!! +*Minimize* These!!

FAT  9 Kcal/g
ETOH 7 Kcal/g
CARB 4 Kcal/g
PRO  4 Kcal/g

NB: *Minimize* not *Eliminate!*
*Moderation* not *Abstinence!!*
I'm not sure I believe you! Why can't I just starve to lose weight?
TOTAL FAST =
No Energy Nutrients
(No Carbohydrates, Fats or Proteins)

ONLY

1. Water
2. Vitamins
3. Minerals

ML Pollock & JH Wilmore 1990.
60-day Fast???

Lost 60 lb!! Wow!!

Yet

76.7%

26 lb Water

20 lb Lean Body Mass

14 lb Fat

Fat < \frac{1}{4} \text{ total wt loss!}
You can lose weight by starving – but it's mostly water & muscle! Also, there can be complications!
Potential Complications of Total Fasting

Nausea, diarrhea, persistent vomiting, postural hypotension, nutritional deficiencies, menstrual irregularities, and...sudden death.

Positive Aspect??

General loss of appetite within first 2 days, maintained throughout fasting period.

ML Pollock & JH Wilmore 1990.
Dietary Carbohydrate, Fat and Protein in Weight-Loss Diets: A Report and Insider’s Reflections on the Pounds Lost Trial
Frank M. Sacks, MD

Well-controlled studies of energy-reduced diets conducted in controlled environments showed that the macronutrient composition of the diet did not affect weight loss (1). Nonetheless, theories persisted that specific macronutrients would be superior for weight loss. For example, the traditional paradigm for low-fat, high-carbohydrate diets was based on the lower energy density of carbohydrate compared to fat, and the metabolic efficiency of converting dietary fat to body fat (2). Indeed strict vegetarians sustain lower body weight for years on low-fat diets (3). However, meaningful differences in body weight usually were not achieved in population-based trials of conventional low-fat diets (4). Thus, higher-fat, Mediterranean-style diets were proposed to be better for long-term weight loss because of their variety and satisfaction. Two trials found that Mediterranean diets were superior to low-fat diets for weight loss (5,6). Others claimed that a radically different approach that used low-carbohydrate, high-fat, and high-protein foods could produce weight loss without attention to reducing intake because of the satiety of protein-rich foods. Low-carbohydrate diets succeeded in the first few months with more rapid weight loss than low-fat diets but by one year, none of the trials found that weight loss on low-carbohydrate
Dr. Sacks’ Conclusions: We conclude that healthful diets with varying emphases on carbohydrate, fat & protein levels can all achieve clinically meaningful weight loss & maintenance of weight loss over a 2-yr period. The results give people who need to lose weight the flexibility to choose a diet that they can stick with, as long as it’s heart healthy. Such diets can also be tailored for individuals based on their personal & cultural preferences & in this regard may have the best chance for long-term success.
US Dietary Recommended Intakes (DRI) Committee Acceptable Macronutrient Distribution Ranges (AMDR)!

<table>
<thead>
<tr>
<th>Energy Nutrient</th>
<th>% Total Calories</th>
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<tbody>
<tr>
<td>Carbohydrate</td>
<td>45-65%</td>
</tr>
<tr>
<td>Fat</td>
<td>20-35%</td>
</tr>
<tr>
<td>Protein</td>
<td>10-35%</td>
</tr>
</tbody>
</table>
Emphasize ABCs + Variety & Moderation!
All of these factors help to build a nutritious diet.
Kleiner's & Monaco's Top 10 Hit List for Nutrition Quackery

1. Treatment based on unproven theory calling for non-toxic, painless therapy.

2. Author's/purveyor's credentials aren't recognized in scientific community.

3. No reports in scientific, peer-reviewed literature but rather mass media used for marketing.

4. Purveyors claim medical establishment is against them & play on public's paranoia about phantom greed of medical establishment.

5. Treatments, potions, drugs manufactured according to secret formula.

6. Excessive claims promising miraculous cures, disease prevention or life extension.

7. Emotional images rather than facts used to support claims.

8. Treatments require special nutritional support including health food products, vitamins and/or minerals.

9. Clients are cautioned about discussing program to avoid negative.

10. Programs based on drugs or treatments not labeled for such use.
NOT PEER-REVIEWED = TRADE BOOKS

PEER-REVIEWED = TEXTS → RESEARCH

AHA + DASH + MAYO CLINIC

LOWER CARBOHYDRATE

ELIMINATE CALORIES or FOOD GROUPS
ENCOURAGE FASTING

LOWER FAT

ADEQUACY
BALANCE
CONSISTENCY
& MODERATION

ChooseMyPlate.gov