**Name:**

**QUIZ no. 6**

1.Why does adult energy needs decline an estimated 5% per decade?

-people usually reduce their physical activity.

-lean body mass diminishes ,slowing basal metabolic rate.

2. What is the average daily energy requirement for people 65 and older with a normal body mass index (BMI) should be?

Men: 2,300 calories

Women: 1,800 calories

3.How can we improve constipation problem related to age?

Eating high fiber foods and drinking water can alleviate constipation-a condition common in old adults.

4. How much fat adults need to maintain beneficial blood cholesterol ratio?

Total fat between 20-35% of calories is a reasonable goal for older adults to maintain beneficial blood cholesterol ratio.