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a diet that has an imbalance of fats, carbohydrates, and proteins or simply too much energy}Poor diet + physical inactivity = >400,000 deaths per year }Obesity is the 2nd leading cause of preventable death in NA }In the US, 60% of adults are overweight or obese }300 million people world wide are obese & 750 million more are overweightIn Children:}Obesity is now considered a global epidemic 22 ...

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a research study design that often reveals the effects of a treatment in human beings. Health outcomes are observed in a group of people who receive the treatment and are then compared with outcomes in a control group of similar people who received a placebo (an inert or sham treatment).

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A primary deficiency is caused by inadequate dietary intake of a nutrient. A secondary deficiency is a nutrient deficiency caused by something other than an inadequate intake such as a disease condition or drug interaction that reduces absorption, accelerates use, hastens excretion, or destroys the nutrient.

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