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Autosomal recessive traits list

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Page 5USING MyPlateThere are 5 main food groups that make up a healthy diet:GrainsVegetablesFruitsDairyProtein Foods You should eat foods from each group every day. How much food you should eat from each group depends on your age, gender and how active you are. MyPlate contains specific recommendations for each type of food group. GRAINS: Make at least half of your grains whole grainsThe whole grains contain the whole grain. Refined grains have bran and sprouts removed. Make sure you read the folder list label and look at the whole grains first on the list. Foods with whole grains have more fiber and protein than foods made from refined grains. Examples of whole grains are breads and pasta made from wholemeal flour, oatmeal, bulgur, faro and corn flour. Examples of refined grains are white flour, white bread and white rice. Most children and adults should eat about 5 to 8 portions of grains a day (also called ounce equivalents). Children aged 8 and younger need about 3 to 5 portions. At least half the portions should be whole grains. An example of one serving of grains includes: 1 slice of bread1 cup (30 grams) of flaked cereal1/2 cup (165 grams) of boiled rice5 wholegrain crackers1/2 cup (75 grams) of cooked pasta Eating whole grains can help improve your health by:Reducing the risk of many long-term (chronic) diseases. Whole grains can help you lose weight, but portion size is still the key. Since whole grains have more fiber and protein, they are more filling than refined grains, so you can eat less to get the same feeling that they are full. But if you replace vegetables with starches, you will gain weight even if you eat the whole grain. Whole grains can help you have regular bowel movements. Ways to eat more whole grains:Eat brown rice instead of white rice. Use wholegrain pasta instead of regular pasta. Replace part of the white flour with wheat flour in the recipes. Replace white bread with wholegrain bread. Use oatmeal in recipes instead of breadcrumbs. Snack on air-popped popcorn instead of chips or biscuits. VEGETABLES: Make half a plate of fruits and vegetablesVegetables can be raw, fresh, boiled, canned, frozen, dried, or dehydrated. Vegetables are divided into 5 subgroups based on their nutrient content. The groups are dark green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Try to include vegetables from each group, try to make sure that you are not just choosing options from the starchy group. Most children and adults should eat between 2 and 3 cups (200 to 300 grams) of vegetables per day. Children aged 8 need about 1 to 1 1/2 cups (100 to 150 grams). Examples of a cup include:Large ear cornThiis5-inch (13 centimeters) of broccoli spears1 cup (100 grams) of boiled vegetables2 cups (250 grams) of raw, leafy greens2 medium carrots1 cup (240 milliliters) of boiled pinto beans or black-eyed peas Eating vegetables can help improve your health in the following ways:Reduces the risk of heart disease. Obesity and type 2 diabetesHelp protect you from certain cancersUsing to reduce blood pressureJudicates the risk of kidney stonesMoves to reduce bone loss Ways to eat more vegetables:Keep enough frozen vegetables at hand in freezing frost. Buy pre-washed salad and pre-chopped veggies to cut down on preparation time. Add vegetables to soups and stews. Add the vegetables to the spaghetti sauces. Try the vegetarian fries. Eat raw carrots, broccoli, or pepper strips soaked in hummus or ranch dressing as a snack. FRUIT: Make half a plate of fruits and vegetablesChava can be fresh, canned, frozen or dried. Most adults need 1 1/2 to 2 cups (200 to 250 grams) of fruit per day. Children aged 8 and younger need about 1 to 1 1/2 cups (120 to 200 grams). Examples of a cup include: 1 small piece of fruit, such as apple or pear8 large strawberries1/2 cup (130 grams) dried apricots other dried fruit1 cup (240 milliliters) 100% fruit juice (orange, apple, grapefruit)1 cup (100 100 boiled or canned fruit1 cup (250 grams) chopped fruit Eat fruits can help improve your health, they can help:Reduce the risk of heart disease, obesity, and type 2 diabetesAgain some cancersPoke their blood pressureDimit the risk of kidney stonesBreak bone loss Ways to eat more fruits:Flip out a fruit bowl and keep it full of fruit. Stock up on dried, frozen or canned fruit, so you'll always have it at your disposal. Choose a fruit that is preserved in water or juice instead of syrup. Buy pre-cut fruit in a pack to cut to prepare time. Try meat dishes with fruits such as pork with apricots, lamb with figs or chicken with mango. Grill peaches, apples or other solid fruits for a healthy, tasty dessert. Try the smoothie with frozen fruit and plain yogurt for breakfast. Use dried fruits to add texture to the trail mixture. PROTEIN FOODS: CHOOSE LEAN PROTEINSAnti-addictive foods include meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and nut butters and seeds. Beans and peas are also part of the vegetable group. Choose meats that are low in carbonated fats and cholesterol, such as lean pieces of beef and chicken and skinless turkey. Most adults need 5 to 6 1/2 servings of protein a day (also called ounce equivalents). Children aged 8 years and younger need about 2 to 4 portions. Examples of portions include:1 ounce (28 grams) of lean meat; such as beef, pork, or lamb1 ounce (28 grams) of poultry; such as turkey or chicken1 large egg1/4 cup (50 grams) of tofu1/4 cup (50 grams) of boiled beans or lentils1 tablespoon (15 grams) of peanut butter1/2 ounce (14 grams) of nuts or seeds; 12 almonds Eating lean protein can help improve your health:Seafood high in omega-3 fats, such as salmon, sardines or trout, can help prevent heart disease. Peanuts and other nuts, such as almonds, walnuts and pistachios, when consumed as part of a healthy diet, can help reduce the risk of heart disease. Lean meat and eggs are a good source of iron. Ways to include more lean protein in your diet: Choose lean pieces of beef that include sirloin, sirloin, round, chuck, and shoulder or arm roast and steaks. Choose lean pork, which includes sirloin, virgin, ham and Canadian bacon. Choose lean lamb, which includes sirloin, chops and legs. Buy skinless chicken or turkey, or take the skin off before cooking. Grill, roast, poach or grilled meat, poultry and seafood instead of frying. Trim all visible fat and drain all fat while cooking. Substitute peas, lentils, beans, or soy instead of meat at least once a week. Try bean chili, pea or bean soup, fried tofu, rice and beans or vegetarian burgers. Include 8 ounces (grams) of cooked seafood per week. DAIRY PRODUCTS: CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTSRightly children and adults should get about 3 cups (720 milliliters) of milk and dairy products per day. Children aged 2 to 8 years need about 2 to 2 1/2 cups (480 to 600 milliliters). Examples of a cup include: 1 cup (240 (240 ml) regular jar of yogurt1 1/2 ounces (45 grams) hard cheese (as cheddar, mozzarella, Swiss, Parmesan)1/3 cup (40 grams) grated cheese2 cups (450 grams) cottage cheese1 cup (250 grams) pudding made from milk or frozen yogurt1 cup (240 milliliters) calcium-enriched soy milk Eat dairy foods can improve your health:Eating dairy foods is important to improve bone health, especially in childhood and adolescence, when the mass of the bone is built. Dairy products have vital nutrients, including calcium, potassium, vitamin D, and protein. Dairy intake is associated with a reduced risk of cardiovascular disease, type 2 diabetes and lower blood pressure in adults. Low-fat or fat-free dairy products provide little or no saturated fat. Ways to include low-fat foods from the dairy group in your diet:Include calcium-enriched milk or soy milk as a drink when eating. Choose fat-free or low-fat milk. Add fat-free milk or low-fat water to oatmeal and hot cereals. Include plain yogurt or cottage cheese in smoothies. Top casseroles, soups, stews, or vegetables with crushed reduced fat or low-fat cheese. If you have problems digesting dairy products, use products without lactose or lower lactose. You can also get calcium from non-dairy sources such as fortified juices, canned fish, soy foods, and green leafy vegetables. OILS: EAT SMALL AMOUNTS OF HEART-HEALTHY OILSOils are not a food group. However, they provide important nutrients and should be part of a healthy diet. Saturated fats, such as butter and shortening, are solid at room temperature. Butter, margarine and oils that are solid at room temperature (such as coconut oil) contain high levels of carbonated or trans fats. Eating much of these fats can increase the risk of heart disease. Oils are liquid at room temperature. They contain monosaturated and unsaturated fats. These types of fats are generally good for your heart. Children and adults should be given about 5 to 7 teaspoons (25 to 35 milliliters) of oil per day. Children aged 8 and younger need about 3 to 4 teaspoons (15 to 20 milliliters) per day. Choose oils such as olive, rapeseed, sunflower, flares, soy and corn oils. Some foods are also high in healthy oils. These include avocados, some fish, olives and nuts. Weight Management and Physical ActivityMyPlate also provides information on how to lose weight: You can use the Daily Food Plan to learn what to eat and drink. Just enter your height, weight and age to get an individual eating plan. If you have any specific health problems such as heart disease or diabetes, be sure to discuss any dietary changes with your doctor or registered dietitian first. You can also learn how to make better decisions, such as the right amount of calories to give you a healthy weight. Not eating and avoiding large portions. Eat less food with empty calories. This is a high in sugar or fat with several vitamins or minerals. Eat a balance of healthy foods from all 5 food groups. Better choices when eating in restaurants. Cooking at home more often, where you can control what goes into the food you eat. Exercise 150 minutes a week. Reduce the amount of time you spend in front of your TV or computer. Tips for increasing the level of activity. Level.

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