

## ***University of Phoenix Material***

### ***SCI 241 Nutritional Study Worksheet***

Resource: University of Phoenix Library and the Internet

Select one of the following topics to research:

- Coffee or caffeine
- Eggs
- Low-fat diets
- Low-carb diets
- Other nutrition topic approved by your instructor

Research your topic using 2 nutrition articles that discuss your topic, but provide opposing viewpoints. Use the Internet, the University Library, or the search links provided in the Week 2 Electronic Reserve Readings to locate the articles.

Write 50- to 200-word responses to each of the following questions based your findings. Use your own words and provide examples to support your answers.

1. What topic did you choose? Discuss the position of each of the two articles you selected.

I chose eggs for this assignment. Each article talks about different nutritional value of eggs. For example one article focuses on how eggs can affect a person's hunger and in return help them maintain a healthy calorie count which can help them to maintain a healthier weight. The second article focused on how eggs are with cholesterol.

2. What health claims are stated in the articles, such as drinking coffee every day will lower one's risk for cancer?

The first article I read talked about eggs helping you control a hunger. They claimed that eggs are healthier alternative to control your hunger. They did a study on a group of obese individuals who ate eggs with toast and low fat jelly, and the second group ate a bagel with cream cheese and nonfat yogurt. Study showed that the group eating eggs was satisfied longer, which in return had them eating less. The second article I read talked about how eggs don't affect your cholesterol. They had two different groups of healthy adults. The first group ate eggs for breakfast and the second group ate oatmeal. The study showed that eggs didn't affect their cholesterol, it didn't rise or lower it.

3. Do any of the articles' claims seem too good to be true? Does it seem that the authors are seeking personal gain in any way? Explain your answers.

I don't think the articles seem too good to be true, they compared to different groups to one another to see if there hypothesis was either supported or not. They didn't seem one sided, or trying to get personal gain from the statements. They were done by different schools, they were trying to better understand eggs, and the health of individuals.

4. What are the respective sources of these articles (testimonials, peer-reviewed study)?

Both my articles were study completed by different schools such as Yale, and Saint Louis University. I would trust these sources the articles were put together by Science Letter Editors, "NewsRx". So they were studies completed by different Universitys, which is how we obtain a great deal on other medical information.