Links to Lecture Videos, BIOL 1322, JJames

Unit 1

- 1-01 Intro to this Course 23 min
- 1-02 Who's Killing Americans? 7 min
- 1-03 Carbs Monosaccharides and Disaccharides 34 min
- 1-04 Carbs Polysaccharides 32 min
- 1-05 Lipids Triglycerides 17 min
- 1-06 Lipids FAs, Saturated, Unsaturated, & Hydrogenation 19 min
- 1-07 Lipids Phospholipids 7 min
- 1-08 Lipids Sterols and Carotenoids 11 min
- 1-09 Proteins Complete and Incomplete 27 min
- 1-10 Obesity Caloric Balance, Basal Metabolism, Thermic Effects of Foods 16 min
- 1-11 Not all Fat is Bad Benefits of Fat 3 min
- 1-12 BMI vs Body Composition 13 min
- 1-13 Risks Associated with Too Much Fat 8 min
- 1-14 Vitamins, Lipid Soluble and Water Soluble 22 min
- 1-15 Vitamins, FAQs 17 min
- 1-16 Water, Dehydration and Overhydration 32 min
- 1-17 Minerals and Osteoporosis 18 min

Unit 2

- 2-01 Nutrition Facts Labels, part A 21 min
- 2-02 Nutrition Facts Labels, part B 13 min
- 2-03 Intro to DNA, Genetics, and Cancer 23 min
- 2-04 Omit. No video.
- 2-05 Cancer, FIB and S&S 15 min
- 2-06 Cancer, How Nutrients Affect your Odds 25 min
- 2-07 CVD thru Heart Attack 21 min
- 2-08 Prevention of CVD 32 min
- 2-09 Hypertension and the DASH diet 27 min
- 2-10 Intro to Food Safety 12 min
- 2-11 How to Prevent Food Poisoning 25 min
- 2-12 Energy for Endurance and Strength 45 min

Unit 3

- 3-01 Intro to Diabetes Mellitus (DM) and Blood Glucose 25 min
- 3-02 Hyperglycemia Why You Should Care 13 min
- 3-03 Diabetes Mellitus Type 1 27 min
- 3-04 Diabetes Mellitus Type 2 33 min
- 3-05 GDM 9 min
- 3-06 Immunity part 1 12 min
- 3-07 Immunity, part 2, Food Allergies, Food Intolerances 41 min
- 3-08 Food Allergies 11 min
- 3-09 Food Intolerances 13 min
- 3-10 Nutrients for Cognitive Function 21 min
- 3-11 Digestion, part 1 15 min
- 3-12 Digestion, part 2 46 min
- 3-13 GERD 29 min

Unit 4

Nutri 4-01A Nutrition and Pregnancy ala Priyank 25 min

Nutri 4-01B Pregnancy and Birth Defects 35 min

Nutri 4-02 Alcohol ala Robbye

Nutri 4-03 Nutrition for Ages 1-20 15 min

Nutri 4-04 Nutrition for Old Age 20 min