

Building a Healthy Diet

1. Identify and define the four keys of a healthy diet by completing the following chart. Either write the definition below the given key or fill in the blank for the missing key.

<p>Balanced</p> <div></div>	<p>_____</p> <ul style="list-style-type: none"> • Including lots of different foods 	<p>Moderate</p> <div></div>	<p>_____</p> <ul style="list-style-type: none"> • Getting enough calories and nutrients to stay healthy
------------------------------------	--	------------------------------------	--

Accessing and Using Nutrition Information

2. Define biased information:

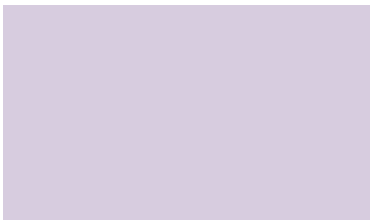
<p>Biased information:</p>	
-----------------------------------	--

Dietary Guidelines for Americans

3. The Dietary Guidelines for Americans help us understand what we need to do to eat healthy. Fill in the blanks below to list the guidelines.
 - a. Follow a healthy _____ at every life stage.
 - b. Customize and enjoy _____ food and _____ choices to reflect personal preferences, cultural traditions, and budgetary considerations.
 - c. Focus on meeting _____ needs with nutrient-dense foods and beverages, and stay within _____ limits.
 - d. Limit foods and beverages higher in _____, _____, and _____, and limit _____ beverages.

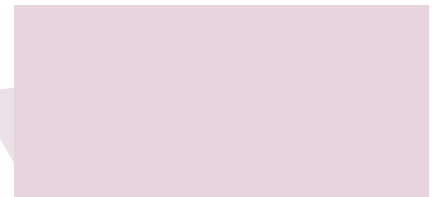
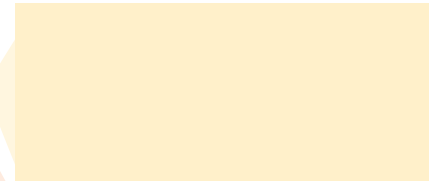
Reading Food Labels

4. Explain why each part of the nutrition facts label identified below is important.



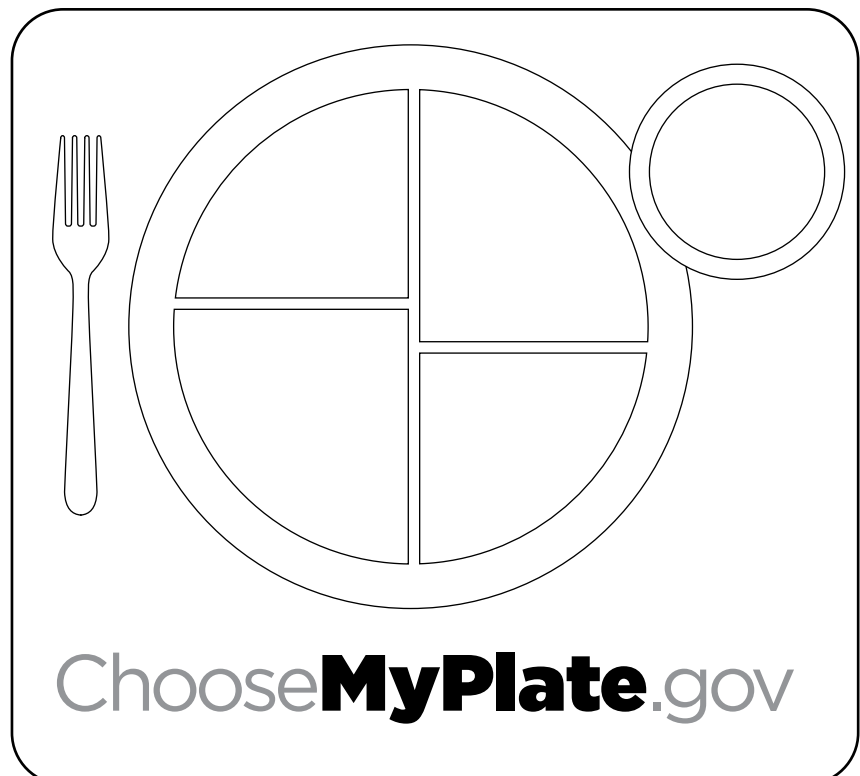
Nutrition Facts	
4 servings per container	
Serving size	1 1/2 cup (208g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



MyPlate

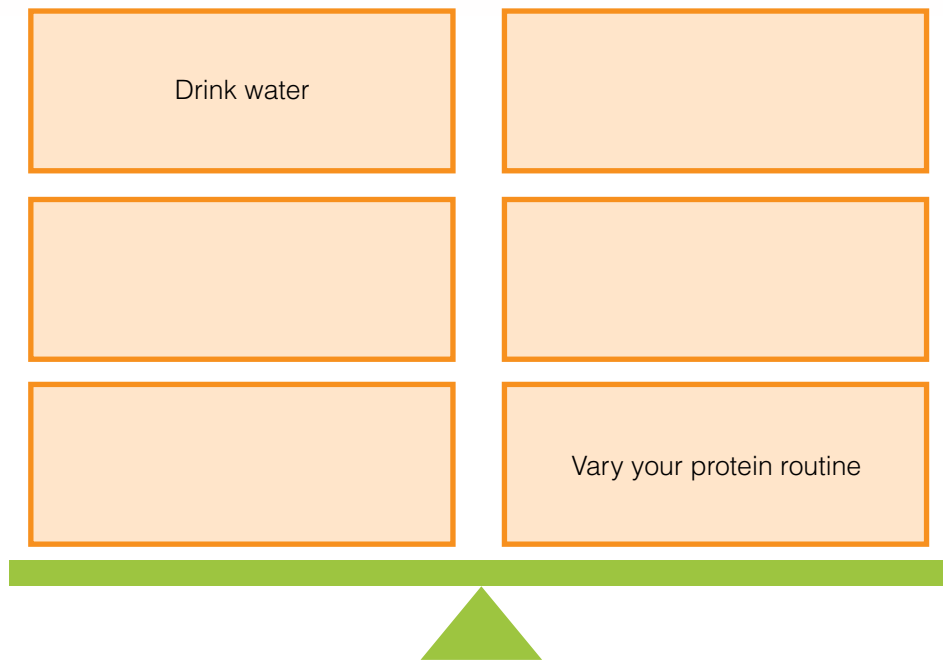
5. Write the appropriate food group in the following MyPlate model.



CHAPTER 4 Food and Your Health

Lesson 4.3

6. Complete the following diagram with four tips from the MyPlate plan to balance your calories and get the right types of foods.



7. How can you use the nutrition facts label and the MyPlate graphic tool to improve your eating habits?

Other Sources of Nutrition Information

8. What is the difference between a dietitian and a nutritionist? Put a star next to the best source of nutrition information.

