

Chapter 3 Guide to Good Food - Making Healthful Choices

1. List the benefits of choosing a diet that provides the body with needed amounts of all the nutrients (include benefits of specific nutrients, such as “Vitamin A and the B vitamins promote smooth skin”):

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

2. What are **DRIs**? Explain in complete sentences:

3. What are the three key areas recommended in the ***Dietary Guidelines for Americans***?

1) _____

2) _____

3) _____

4. What are **calories**?

5. What does it mean when a person is **calorie balanced**?

6. Explain why calorie needs are different for the males and females described in the yellow chart at the bottom of page 60.

7. What are nutrient dense foods? Explain why we need to eat [more] OR [less] of them:

How many servings of each per day should you eat?

Foods	Women, Children, Elderly	Teenage girls	Teenage boys
Calorie level	Aprox. 1,600	Aprox. 2,200	Aprox. 2,800
MILK Group Products	2 to 4	2 to 4	2 to 4
MEAT Group	2	2	3
VEGETABLE Group	3	4	5
FRUIT Group	2	3	4
BREAD and Cereals	6	9	11
Total Fat in grams	36 to 53	49 to 73	62 to 93