

Chapter 5 Continued



Dietary Guidelines For Americans

- Recommendations about food choices for all healthy Americans age _____ and over _____



- Highlight three keys to a healthy lifestyle


- 1.
- 2.
- 3.



Choosing a Healthy Diet


- Diet - everything you _____ and _____
- Eat a variety of foods to get the nutrients you need
- Daily Food Guide –

ChooseMyPlate.gov



- A website designed to help you make better food choices.
- Also helps you _____ the recommended serving size in "your plate"
- Has a SuperTracker to analyze your diet and activity level

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Vegetables are an important part of a healthy diet. They provide vitamins, minerals, and fiber. They also help you feel full and keep you healthy.</p> <p>Choose a variety of vegetables, including dark green, red and orange, and starchy vegetables.</p> <p>For a 2,000-calorie diet, aim for 4 1/2 cups of vegetables a day.</p> <p>For a 2,000-calorie diet, aim for 2 cups of fruit a day.</p> <p>For a 2,000-calorie diet, aim for 48 grams of grains a day.</p> <p>For a 2,000-calorie diet, aim for 3 cups of dairy a day.</p> <p>For a 2,000-calorie diet, aim for 5 1/2 ounces of protein foods a day.</p>	<p>Fruits are an important part of a healthy diet. They provide vitamins, minerals, and fiber. They also help you feel full and keep you healthy.</p> <p>Choose a variety of fruits, including whole fruits and fruit and vegetable juices.</p> <p>For a 2,000-calorie diet, aim for 2 cups of fruit a day.</p> <p>For a 2,000-calorie diet, aim for 48 grams of grains a day.</p> <p>For a 2,000-calorie diet, aim for 3 cups of dairy a day.</p> <p>For a 2,000-calorie diet, aim for 5 1/2 ounces of protein foods a day.</p>	<p>Grains are an important part of a healthy diet. They provide vitamins, minerals, and fiber. They also help you feel full and keep you healthy.</p> <p>Choose a variety of grains, including whole grains and refined grains.</p> <p>For a 2,000-calorie diet, aim for 48 grams of grains a day.</p> <p>For a 2,000-calorie diet, aim for 3 cups of dairy a day.</p> <p>For a 2,000-calorie diet, aim for 5 1/2 ounces of protein foods a day.</p>	<p>Dairy is an important part of a healthy diet. It provides calcium, protein, and other nutrients. It also helps you feel full and keep you healthy.</p> <p>Choose a variety of dairy products, including milk, yogurt, and cheese.</p> <p>For a 2,000-calorie diet, aim for 3 cups of dairy a day.</p> <p>For a 2,000-calorie diet, aim for 5 1/2 ounces of protein foods a day.</p>	<p>Protein foods are an important part of a healthy diet. They provide protein, vitamins, and minerals. They also help you feel full and keep you healthy.</p> <p>Choose a variety of protein foods, including meat, poultry, fish, eggs, tofu, and nuts and seeds.</p> <p>For a 2,000-calorie diet, aim for 5 1/2 ounces of protein foods a day.</p>



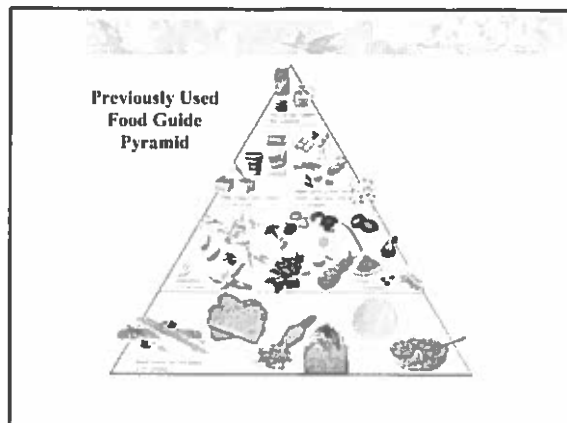
MyPyramid.gov

STEPS TO A HEALTHIER YOU

(a) USDA food guide pyramid

Key:

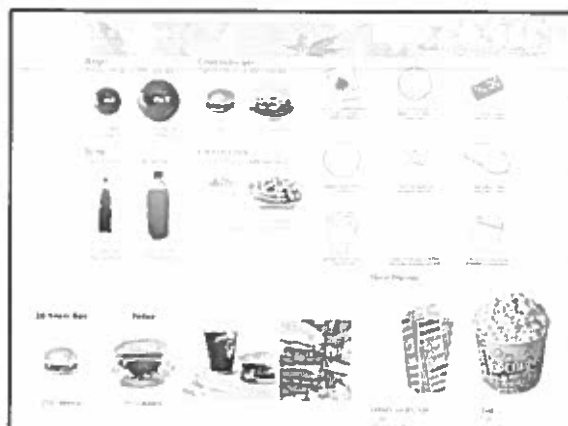
- ▲ Grains
- ▲ Vegetables
- ▲ Fruits
- ▲ Oils
- ▲ Milk
- ▲ Meat and beans



Serving Size

- To eat the recommended amount in the pyramid you must understand correct portion size
- A _____ is how much of a food you eat in one meal.
 - 1.
 - 2.





Fats, Oils, & Sweets

- Do not
- Foods: cakes, cookies, doughnuts, soft drinks, candy, jam, salad dressing, chips, condiments, gravy, mayonnaise, margarine, butter, coffee, & tea
- Empty-calorie foods –
- Provide taste



Maintain a Healthy Weight

- Too fat or too thin can cause health problems
- 1.
- 2.
- 3.
- 4.

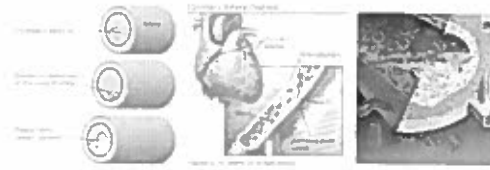


Choose a Diet Low in Fat, Saturated Fat, & Cholesterol

- Diets high in increase the risk of heart disease.
 - 1.
 - 2.
 - 3.
- High-fat diets are linked to
 - 1.
 - 2.
- _____ of calories from fats → less than _____ from saturated fats
- Limit cholesterol intake to _____




How Cholesterol Increases Your Chance Of Cardiovascular Disease




The diagram illustrates the process of atherosclerosis. On the left, three cross-sections of an artery are shown: a healthy artery with a clear lumen, an artery with a small cholesterol deposit (plaque) on the inner wall, and an artery with a large plaque that significantly narrows the lumen. In the center, a heart is shown with a cross-section of a coronary artery that is blocked by a large plaque. On the right, a cross-section of an artery is shown with a large, irregular plaque that has caused the artery to become significantly narrower and more rigid.


Controlling Fat in Foods




- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.




Choose a Diet with Plenty of Vegetables, Fruits, & Grain Products






- Excellent sources of _____ and _____ & _____
- Provide _____ & _____
- Decrease the risk of heart disease, obesity, & some cancers → National Cancer Institute recommends 20-35mg/day → average American consumes 10-15mg/day






Use Sugars Only in Moderation


- Americans eat up to _____ in food and some are _____
- Some sugars are _____ during processing
- Contribute to
 - _____
 - _____
 - _____
- Controlling Sugars in Foods
 - _____
 - _____








Use Salt & Sodium Only in Moderation



- Salt is made of _____ & _____
- Salt & sodium help maintain _____
- Sodium – _____
- High sodium diet _____






Controlling Sodium in Foods



- _____
- _____
- _____
- _____
- _____


Healthy Eating Patterns




- Eat ____ full meals or ____ mini-meals
- Follow
- Avoid overeating
- Apply guidelines to a ____, not just a ____.

Meals



- Breakfast –




- Lunch & Dinner –

- Each meal should provide ____ of your daily needs for ____.

Snacking

- 1.
- 2.



Eating at Restaurants

- Foods tend to be _____, _____, & _____
- Order the _____ instead of the _____
- Enjoy salad bars
- Avoid sauces, sour cream, & butter at potato and pasta bars
- Avoid _____ & _____
- Skip _____
- Choose _____
- Choose _____
- Skip _____



Being A Wise Food Consumer

- All food labels must state the following information

1.
2.
3.
4.
5.



Nutrition Facts Label

- Indicate the _____ & _____ content of foods.
- Allows you _____ and _____ and choose foods for _____.
- Do not need nutrition labels:



Nutrition Facts Panel & Ingredient List

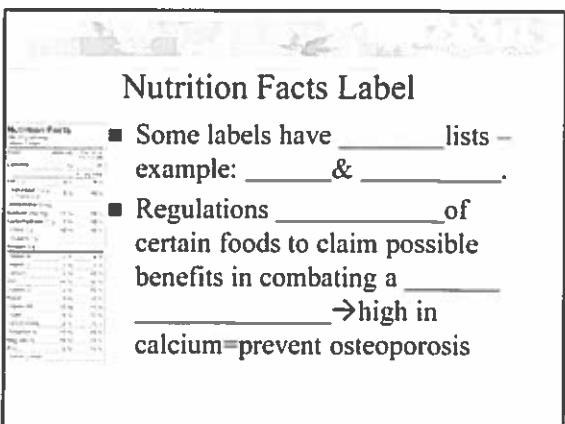


Nutrition Facts Label

- What nutritional information goes on a food label?
 - Serving size; servings per container; calories per serving from fat; grams of total fat, saturated fat, cholesterol, sodium, carbohydrates, dietary fiber, sugars, & protein per serving; percentage of the recommended Dietary Value (DV) the product supplies of the nutrients plus some important minerals & vitamins
 - Also contains _____ on the amount of nutrients people need in their daily diets.



Nutrition Facts Label




- Some labels have _____ lists – example: _____ & _____.
- Regulations _____ of certain foods to claim possible benefits in combating a _____ → high in calcium = prevent osteoporosis

Ingredient Listing

1.

2.

3.



Food Additives

- Substances
- Are used to:

1.


2.

3.


4.

5.

6.




Food Additives



- Enriched foods -
- Fortification -

■ Milk is

- Companies must prove to government agencies that _____
- GRAS list (generally recognized as safe)



Making Sense of Label Terms

- Low-fat →
- Low-calorie →
- Low-calorie meals →
- Light or lite →
- Less →
- More →



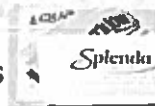
Making Sense of Label Terms

- -free →
- High, rich in, excellent source of →
- Lean →
- Fresh →
- Natural →



Sugar & Fat Substitutes


- Fructose-
- Saccharin & aspartame-






Open-Dating

- Expiration date –
- Freshness date –
- Pack date –
- Sell date –



Food Allergies

- Allergy→
- Food allergy→
- Allergens→
- Body produces antibodies for defense
- Most food allergies:
- Allergen ■
- Can determine food allergy with _____



Food Intolerance

- A negative
- More common than allergies
- Experience with _____ & _____

Food & Your Safety

- Foodborne illness
- Usually caused by four kinds of bacteria
 - 1.
 - 2.
 - 3.
 - 4.
- Food can be contaminated by person → disease
- Animal meat may harbor pathogens → must be thoroughly cooked or pasteurized
 - Pasteurization –



Foodborne Illness

- Symptoms
- What to do?
- Botulism can be fatal →




Recommended Food Handling

- Clean –
- Prevents cross-contamination –
- 1.
- 2.
- Separate raw meat, seafood, & poultry from other items in shopping cart & at home



Recommended Food Handling - continued

- Cook
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
- Chill
 - 1.
 - 2.
 - 3.



Preventing Foodborne Illness

- 1.
- 2.
- 3.
- 4.
- 5.

