

Read Chapter 2

Define the following terms:

- Healthful diet:** A diet that provides the proper combination of energy and nutrients and is adequate, moderate, balanced and varied.
- Adequate diet:** A diet that provides enough of the energy, nutrients and fiber needed to maintain health.
- Moderation:** Eating any foods in moderate amount – not too much or too little.
- Balanced diet:** A diet that contains the combinations of foods that provide the proper proportions of nutrients.
- Variety:** Eating many different foods from different food groups regularly.

Answer the following questions:

1. List the 5 components that must be listed on a food label.

- A statement of identity.
- Net contents of the package.
- Ingredient List
- Name and address of food manufacturer.
- Nutrient information.

2. What is the difference between serving size and the serving size by container?

Serving size is what is used to calculate the nutritional info displayed below. The serving size by container tells you how many of those serving are in the entire container.

3. What info is given in the calories section?

Amount of calories in the given serving size.

4. Use the food label on p.43.

- How large is a single serving? 3.5 oz
- How many calories in a single serving? 320 Cal
- How many calories are in the entire box? $320 \times 4 = 1280$
- How many calories would you consume if you ate 12 ounces of it?
 $12 / 3.5 = 3.4 \text{ servings} \times 320 = 1097$
- How many grams of fat are there per serving? 10g
- How many grams of carbs are there per serving? 44 g
- How many grams of protein are there per serving? 13g
- If you consumed 7 ounces, how many grams of fat, carbs and protein are you consuming?
20 g fat, 88 g carbs, 26 g protein

5. Explain why % of daily values can often be misleading.

All individuals have unique nutritional needs.

6. Given that in order to maintain a given weight you have to balance your calories intake with your calorie/energy output, what must be the result of each of the following?

- Calorie Surplus – you will gain weight. Muscle and/or fat.
- Calorie Deficit – you will lose weight. Muscle and/or fat.

Nutrition Facts			
Serving Size: 3.5 oz			
Servings Per Container about 4			
Amount Per Serving			
Calories 320			
Calories from Fat 90			
		% Daily Value	
Total Fat	10g		15%
Saturated Fat	3.5g		18%
Trans Fat	1g		
Cholesterol	20mg		7%
Sodium	890mg		37%
Total Carbohydrate	44g		15%
Dietary Fiber	2g		8%
Sugars	4g		
Protein	13g		16%
Vitamin A	4%	•	Vitamin C 0%
Calcium	15%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g
Protein		50g	65g

7. What is the difference between low and high nutrient density foods (page 48) and high and low CALORIE density foods?

High **nutrient** density foods are rich and varied in nutrients – generally good for you.

High **calorie** density foods have a lot of calories for their size – generally not good for you.

8. What is an example of a high vs low nutrient density food?

High – whole wheat bread Low – white bread

9. What is an example of a high vs low calorie density food?

High – cheese cake Low – veggies/fruits

10. What are empty calories? Provide several examples.

Calories from fats or sugars that provide few or no nutrients.

cakes, cookies, pastries, soft drinks, fruit drinks, cheese, pizza, ice cream, sausages, hot dogs, bacon, ribs.