**DIETARY GUIDELINES FOR AMERICANS**

**STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_**

1. **Dietary Guideline # 1:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Two types of foods to choose from:
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. What are nutrient dense foods?
		1. Provides *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and other beneficial substances with relatively \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.
		2. Examples: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. What are empty calorie foods?
		1. Foods low or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* but *\_\_\_\_\_\_\_\_\_\_\_*in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
		2. Examples: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. **Dietary Guideline # 2:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Monitor *\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_* intake, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and body *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	2. Reduce *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*sizes.
	3. When eating *\_\_\_\_\_\_\_\_\_\_\_\_*, make *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* choices.
	4. Limit *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* time.
3. **Dietary Guideline # 3:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* 1. The Average American Diet:
		1. Has more *\_\_\_\_\_\_\_\_\_\_*, sodium, *\_\_\_\_\_\_\_\_\_\_\_* and calories than recommended.
		2. Are *\_\_\_\_\_\_\_\_\_\_\_\_\_* in *\_\_\_\_\_\_\_\_\_\_\_\_* and \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ than recommended.
	2. Facts about salt and sodium:
		1. Salt and sodium are usually added to processed *\_\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and *\_\_\_\_\_\_\_\_\_\_\_* drinks.
		2. High consumption of salt and sodium are contributing factors to \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
		3. How much sodium should you have per day? *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
1. **Dietary Guideline # 4:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* 1. Recommendations for fruits and vegetables:
		1. Make half your plate *\_\_\_\_\_\_\_\_\_*and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	2. Recommendations for whole grains:
		1. Make at least half your grains *\_\_\_\_\_\_\_\_\_\_\_\_\_* grains.
	3. Recommendations for milk:
		1. Switch to *\_\_\_\_\_\_\_\_\_\_\_\_\_* or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* (1%) milk.
	4. Recommendations for seafood:
		1. Eat two *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* servings (or one *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* serving) a week of seafood.
		2. Choose *\_\_\_\_\_\_\_\_\_\_\_\_*  products in place of some *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	5. Recommendations for oils:
		1. Use *\_\_\_\_\_\_\_\_\_\_\_* in place of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.
1. **Dietary Guideline # 5:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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1. **Dietary Guideline # 6:** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* 1. Adults should exercise *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* a day
	2. Children/Teens should exercise *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* a day