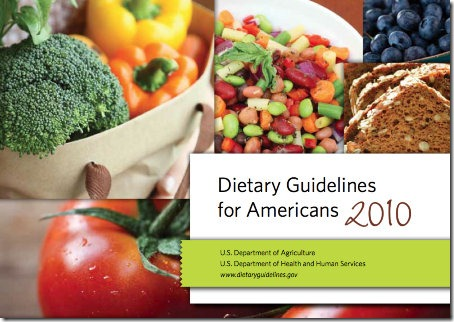
**DIETARY GUIDELINES FOR AMERICANS**

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 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