

Part 2:

2005 Dietary Guidelines for Americans:

T or F

The Dietary Guidelines for Americans 2005, are recommendations for health promotion and chronic disease prevention

To reduce the risk of chronic disease, it is recommended that adults engage in at least _____ minutes of moderate-intensity physical activity.

- a. 20 minutes
- b. 30 minutes
- c. 40 minutes
- d. 60 minutes

It is recommended that the amount of fat that you eat each day should not be more than what percent of your total calories?

- a. 0% - 10%
- b. 11% - 15%
- c. 16% - 30%
- d. 20% - 35%

The amount of vegetables you eat each day:

- a. 3 or ounce equivalents
- b. should vary
- c. less than 10% of you calories
- d. none of the above

Foods that we eat should be:

- a. prepared, handled, and stored safely
- b. prepared with added salt
- c. not contain potassium
- d. whole milk dairy products

Part 2 (continued):

MyPyramid:

T or F

The new MyPyramid is made to fit your own personal dietary needs?

Which of the following is not true about MyPyramid:

- a. get your calcium-rich foods
- b. whole grain foods are not important
- c. go lean on protein
- d. know the limits on fats, salt, and sugars

T or F

RDI stands for Recommended Daily Intake?

Which of the following is not true about MyPyramid:

- a. food bands narrow from bottom to top suggesting to eat nutrient-dense forms of food
- b. widths of the color bands suggest about how much food should be eaten from each group
- c. provide suggestions on how to adopt a balanced diet
- d. meats can be fried

Discretionary calories may be used to:

- a. limit the amount of food selected from a food group
- b. add oil, fat, or sugar to foods
- c. equals the total estimated energy requirements minus the essential calories needed to meet nutrient requirements
- d. include 2% milk in your diet

How would you describe MyPyramid recommended portion sizes to other people?

T or F

MyPyramid is designed to help individuals to improve their health in stages over time?

Part 2 (continued):

Food Labels:

Which are parts of the food label?

- a. ingredient list
- b. front panel
- c. nutrition facts panel
- d. all of the above

The term "%DV" on a food label:

- a. stands for "percent daily vitamins"
- b. tells you if a food is
- c. is based on a 2000-calorie reference diet
- d. should be completely ignored by people who can eat less than 2000 calories/day

T or F

Nutrition Facts Label gives very specific information about nutrients in a food?

The food that is the main cause of food allergies:

- a. eggs
- b. soy
- c. milk
- d. peanuts

Using the label below:

How many calories are in a serving of this food?

What percent of the Daily Value trans fats would you get from this food?

If I ate 2 cups of this food, how many grams of sodium would you get?

In grams _____ as % Daily Value _____

Sample Label for
Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Quick Guide to % DV

5% or less is low

20% or more is high