**Chapter 5: Kitchen Essentials 2**

**5.4 Cooking and Nutrition,** pg. 345

* Healthy diets
* Dietary guidelines for Americans
* MyPyramid
* Nutrition Labels
* The problem of obesity

***After studying Section 5.4, you should be able to answer the following questions****:*

1. What is a healthy diet?
2. What are 4 types of vegetarianism?
3. How can you use the Dietary Guidelines for Americans to plan meals?
4. What is MyPyramid?
5. The Daily Value (DV) percentages on a nutrition label are based on a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calorie diet.
6. What is obesity, and how can it be prevented?

**Key Terms**

**Dietary Guidelines for Americans 2005 lacto-ovo-vegetarian MyPyramid**

**Recommended Dietary Allowance Nutrition Facts Panels Obese**

**discretionary calorie allowance lacto-vegetarian Vegetarian**

**Dietary Reference Intakes (DRIs) ovo-vegetarian Vegan**

 A document published jointly by the Department of Health and Human Services and the USDA. This report offers science-based advice for healthy people over the age of two about food choices to promote health and reduce risk for major chronic diseases.

 Recommended daily amounts of nutrients and energy that healthy people of a particular age range and gender should consume. They are the guides for nutrition and food selection.

 The remaining amount of calories in a food intake pattern after accounting for the calories needed from all food groups.

 Person who consumes all vegan items plus dairy products and eggs.

 Person who consumes all vegan items plus dairy products.

 This food guide from the USDA, along with the Nutrition Facts Panel, serves as a tool to help people put dietary guidelines into practice. MyPyramid translates the RDAs and dietary guidelines into the kinds and amounts of food to eat each day.

 Help people select the appropriate packaged food products for their nutritional needs.

 A person who is overweight or has a weight that is greater than what is generally considered healthy.

 Person who consumes all vegan food items plus eggs.

 Daily nutrient standards established by the U.S. government. They are the average daily intakes that meet the nutrient requirements of nearly all healthy individuals of a particular age and gender group.

 A person who follows the strictest diet of all and will consume no dairy, eggs, meat, poultry, fish, or anything containing an animal product or byproduct, including honey. They consume only grains, legumes, vegetables, fruit, nuts, and seeds.

 A person who consumes no meat, fish, or poultry products.

