

Biol-1400
Chapter 3 Study Guide
Planning Nutritious Diets

1. What may your body do when your consumption exceeds your immediate needs?
2. Why should a nutritionist be interested in knowing a persons "life stage/gender group"?
3. How are "Daily Values" used?
4. What are the six major food groups? What type of nutrient is associated with each group?
5. If your main concern is to acquire calcium and protein, is it better to consume milk or ice cream?
6. Who established the "Dietary Guidelines for Americans 2005" and what was their goal?
7. What are the focus categories of the Dietary Guidelines for American 2005?
Examples
8. If you want to follow DGA2005 recommendations for fat consumption, then how many grams of total fat and saturated fat do you need to eat per day (note: based on 2000 kcal diet)?
9. Are all carbohydrates "good or bad"?
10. What are the key features of the MyPyramid Plan?
11. How do you "earn" discretionary calorie allowance?
12. What is the difference between serving size and portion size? What are some standard items used to estimate portion size?
13. How do you need to change your diet if you want to loose one pound per week?
14. For who was the "exchange system" developed and what was the objective?
15. Are Daily Values more or less specific than Dietary Reference Intake values?
16. What type of information can be found on a "nutrition Facts" panel?
17. With regard to % Daily Values, what is the general rule?

18. Why do food manufacturers use health claims and who regulates these health claims?
19. Food manufacturers use terms such as “Lite” to sell products. Do these terms have “legal” definitions?
20. Do dietary supplements have “nutrition facts” labels? If a health claim is included on the labeling, what must be included?
21. What are the criteria for a food to be labeled “organic”?