**Food and Nutrition**

1. **Nutrients** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in foods the body needs in order to \_\_\_\_\_\_\_\_\_, have energy, and stay \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My Plate Six Nutrients for Proper Nutrition

1. Grains

1. Any food made from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, oats, cornmeal, barley or another cereal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a grain product.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grains are the type of grains you want to eat.

A. Whole grains contain the entire grain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Examples: whole-wheat flour, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, brown rice.

1. Proteins - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, \_\_\_\_\_\_\_\_\_\_\_\_\_, and seeds.
2. Vegetables - Any vegetable or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetable \_\_\_\_\_\_\_\_\_\_\_\_\_ counts as a member of the Vegetable Group.
3. 5 Sub-Groups of Vegetables

a. Dark Green c. Starchy

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Red and Orange d. Beans and Peas

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e. Other

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Fruits - Any fruit or 100% fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and may be whole, cut-up, or pureed.
2. Dairy - All fluid milk products and many foods made from milk are considered part of this food group.
3. Most Dairy Group choices should be \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_or low-fat.
4. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Calcium-fortified \_\_\_\_\_\_\_\_\_\_\_(soy beverage) is also part of the Dairy Group
6. BMI

A. Body Mass Index (BMI) is a number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from a person's weight and height.

B. BMI provides a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

1. Reading Food Labels
2. Nutrition Fact Panel tells you how large one serving is and the number of calories, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and other important information.
3. % Daily Value - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is considered high (this is okay for fiber, vitamins, and minerals.) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or lower isn’t very much (this is okay for fats, cholesterol, and sodium).
4. Calorie – A unit of heat that measures the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ available in foods.
5. Too many will cause a gain in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if not burned off.
6. Extreme eating behaviors that can lead to serious illness or even death.
7. Anorexia Nervosa
8. An intense fear of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Heart problems, kidney failure, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Bulimia Nervosa
2. An eating disorder in which a person repeatedly eats large amounts of food and then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Laxatives

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. Binge Eating

1. A person eats a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ amount of food at one time.