

Nutrition Study Guide  
Chapter Two  
Guidelines for a Healthy Diet

- 1 When did the United States Government first start to promote healthy diets? What is the current diet recommendation program called?
- 2 What are the categories and daily recommendations intakes for each category for the MyPlate program?
- 3 What is the significance of Dietary Reference Intakes? Do they vary for gender and life stages?
- 4 What is the significance of each DRI: estimated average requirements, recommended daily allowances, adequate intakes, and tolerable upper intake limits?
- 5 What should be “reduced” in a typical diet based on dietary guideline recommendations?
- 6 How should the “five food groups” be distributed in the MyPlate model?
- 7 What four features are emphasized in the MyPlate model?
- 8 What are discretionary calories? How should you account for these in your daily diet?
- 9 What is a nutritional Facts Panel? Type of information presented? Significance?
- 10 What is the significance of “healthy claims” statements? What role does the FDA in establishing healthy claims?
- 11 Are food supplements necessary?
- 12 What is the significance of portion sizes? What is a reasonable amount of food to eat based on portion size?