

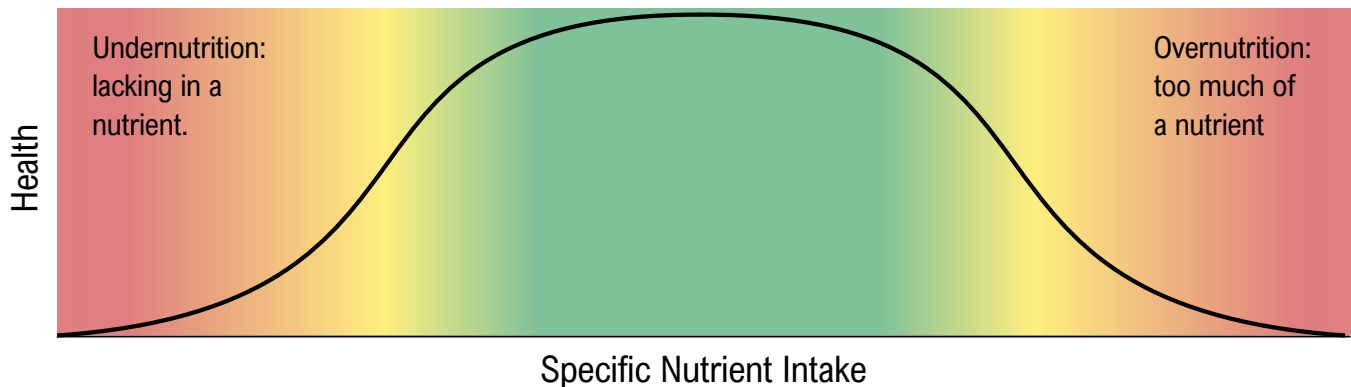
TOPIC: HEALTHFUL EATING

Healthful Eating

◆ Healthful diets have a few key properties:

Adequate	Nutrient Dense	Varied	Balanced	Moderate
_____: Energy, vitamins, minerals, fiber.	____ nutrients. ____ calories.	____ foods in daily diet.	All food _____ represented.	Meet targets w/o going _____.

◆ **Malnutrition:** missing nutritional targets (deficiencies, _____, imbalances).



EXAMPLE

The following five statements each describe actions that help meet a key property of a healthy diet. For each statement, write the property that best matches that statement on the line.

- a) Controlling portion size so that meals don't contain too many Calories. _____
- b) Eating foods that are relatively high in vitamins and minerals and are low in Calories. _____
- c) Ensuring that all food groups are represented in your daily diet. _____
- d) Including a different vegetable in your dinner every night of the week. _____
- e) Consuming enough of a nutrient to avoid deficiencies. _____

PRACTICE

Zehra is an athlete who requires 2600 kcal a day to support her energy needs. To make sure she meets her dietary needs without excess, Zehra has developed a personal meal plan that includes all food groups and meets all of her calorie, vitamin, and mineral targets. As part of her meal plan, she eats the same foods every day. What aspect of a healthful diet is Zehra missing?

- a) Adequacy.
- b) Balance.
- c) Moderation.
- d) Variety.

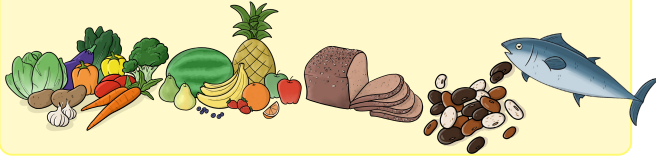
TOPIC: HEALTHFUL EATING

Nutrient and Energy Density

◆ **Nutrient density:** amount of _____ relative to amount of _____.

Nutrient _____ foods:

- ◆ ____ vitamins, minerals, healthy oils, & fiber.
- ◆ E.g. vegetables, fruits, whole grains.



Low nutrient density foods:

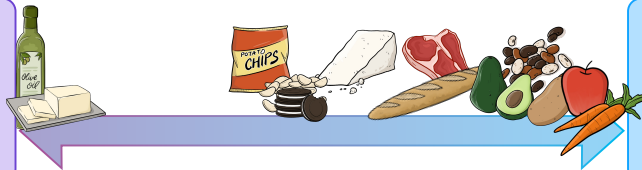
- ◆ ____ fat, saturated fat, added sugars.
- ◆ E.g. _____, refined grains, & processed meats.
- ◆ **Empty Calories:** Calories _____ nutrients.



◆ **Energy density:** amount of _____ relative to amount (usually weight).

High energy Density:

- ◆ ____ Fat, oil, added sugars.
- ◆ ____ Fiber, _____.



Low energy density:

- ◆ ____ Fiber, water.
- ◆ ____ Fat, oil, added sugars.

◆ **General goal:** Make diet high _____ density, low _____ density.

PRACTICE

What food is likely to have the greatest *energy* density?

- a) Boiled rice. b) Coconut oil. c) Almonds. d) Lettuce.

PRACTICE

Which factor below has a direct effect on the calculation of *nutrient* density?

- a) Weight. b) Volume. c) Calories. d) Serving size.

PRACTICE

Adding what to food will always make food less nutrient dense and why?

- a) Sugar, and saturated fats, because both add Calories without adding other nutrients.
- b) Fiber and Water because both adds mass and volume without adding Calories.
- c) Oils because fats and oils have the highest energy densities of any foods.
- d) Vitamins and minerals because they add no Calories.