

STUDY GUIDE- CHAPTER 2

1. Know the six main diet planning principles
2. What does “nutrient density” mean?
3. Know what foods are in each group of the Daily Food Guide.
4. Know the major nutrients (notable nutrients) supplied by each of the food groups
5. Know acceptable food choices and serving sizes in each of the food groups
6. Which food groups are consumed in amounts greater than the recommended by the USDA?
7. What is fortification and enrichment?
8. What are the most highly fortified foods on the market?
9. Know the difference between whole wheat flour and refined white flour
10. Know examples of whole grains (see the margin on page 49) What percent of your grain intake should be whole grains?
11. Know the parts of a grain of wheat
12. What part of the grain is richest in fiber?
13. What 5 nutrients are enriched in grain products? (see the margin on page 49)
14. Know what order the ingredients are listed on a label
15. Know what the “daily values” are
16. What 2 vitamins must be listed on the package label as a percent of the Daily Food Values?
17. What 2 minerals must be listed on the package label as a percent of the Daily Food Values?
18. By law, what is the serving size for a beverage on a food label?
19. Know the following food label terms: lowfat, low cholesterol, low calorie, less fat, fat free, kcalorie free (see glossary on page 57 or on the slides)
20. Know how to read a food label