

Chapter 8, Section 3: The Dietary Guidelines

- Guidelines Allow Us To:
 - Make Smart Food Choices
 - _____
 - Get the Most Nutrition Out of Your Calories
 - Handle Food Safely
- Make Smart Food Choices
 - Choose a _____ of foods
 - Include plenty of _____ foods, vegetables and _____
 - Choose _____ or _____ milk and milk products
- Balance Food and Physical Activity
 - Maintaining a healthy weight is a matter of _____ the calories you _____ with how _____ you are.
 - The *Dietary Guidelines* recommend that teenagers be active for _____ most days.
- Get the Most Nutrition Out of Your Calories
 - Choose foods that are nutrient-dense.
 - _____ contain lots of vitamins and minerals relative to the number of calories.
- Handle Food Safely
 - Part of good nutrition is using safe procedures to prepare, handle, and store the food you eat.
 - Keep your hands and surfaces that come into contact with food clean.
 - Separate raw and cooked foods while preparing or storing them.
 - Cook meat, poultry, and fish to safe internal temperatures.
 - If food is perishable, chill it right away.
 - Thaw foods in the refrigerator, not the counter.
- The “MyPyramid Plan”
 - The **MyPyramid plan** groups foods according to _____ and indicates _____ of each type should be eaten _____ for a healthy diet.
 - The MyPyramid plans differ with a person’s _____, _____, and activity level.
- The Colored Bands
 - The pyramid is divided into _____ colored bands.
 - Each band represents one of _____ food groups, plus oils.
 - The width of each band indicates the _____ of your diet that should come from that group.

- The Stair Steps
 - The stair steps in the pyramid represent _____ minutes of _____ for teenagers.
- Using The Food Guidelines: Meals
 - You should try to vary your diet at each meal.
 - _____ Don't skip breakfast. Choose whole-grain cereals, low-fat milk or yogurt, and fruit. _____ pastries, eggs, and bacon.
 - _____ Focus on whole grains, fruits, and vegetables. Use mustard or ketchup instead of mayonnaise. Try _____ cheese on pizza.
 - _____ Trim excess fat from meats. Instead of _____ meats or fish, try them _____. Choose low-fat dressings, and limit butter.
- Using The Food Guidelines: Snacks
 - Try satisfying your sweet tooth with _____ instead of cookies.
 - Make a _____ bagel, not a donut, your after-school treat.
 - When you go to the movies, choose _____ popcorn.
- Using The Food Guidelines: Eating Out
 - Substitute low-fat milk, water, or fruit juice for shakes and soft drinks.
 - Select the _____ in place of fries or onion rings. But go easy on dressings, cheese, bacon bits, and croutons.
 - Choose a _____ chicken sandwich instead of a burger.
- Creating Your Own MyPyramid Plan
 - You can create your own _____ MyPyramid plan by visiting the USDA's Web site on the Internet.

Recommended Servings Per Day for 16-Year-Olds

Gender: _____

Activity Level	Grains	Vegetable	Fruits	Milk	Meat & Beans
	_____ ounces	_____ cups	_____ cups	_____ cups	_____ ounces