9.1 Choosing Food Wisely

1. You eat-
   a. To meet your nutritional needs
   b. To satisfy your appetite
   c.

2. ___________ is a feeling of physical discomfort that is caused by your body's need for nutrients.
3. ___________ is a desire for food that is based on emotional and other factors rather than nutritional need.
4. ______ _________ is the rate at which you use energy when your body is at rest.
   a. The higher your BMR, the more calories you burn.

5. When choosing foods, it is important to read and evaluate the information on the ______ ______.
   a. The information includes
      i. Nutrition facts
      ii. Nutrient and health claims
      iii. Daily Values
   iv.

6. Food labels must list specific nutrition facts about the food, including calorie and nutrient content, and the ______ ______.
7. The _______ sets standards regarding the nutrient claims that can be printed on a food label
   a. What does FDA stand for? _______ & ___________ ______________

8. ______ _________ are recommendations that specify the amounts of certain nutrients that the average person should obtain each day.
   a. Daily Values are only a general guide because they are calculated for the average person who consumes a total of ________ calories a day.
9. The _______ date tells you the last date the product can be sold
10. The ___________ date tells you how long the product will at peak quality.
11. The ___________ date is the expiration date.

Reading a Food Label

• To judge the nutritional value of a food, do not relay on advertisements or nice-looking packages.
• Instead, read the _______ _________ carefully.

1) Read the Ingredients list
   a. Ingredients are listed in order by weight, from _____ to _______.
   b. Become familiar with the terms for different kinds of ingredients
   c. Check for food ________.
   d. Note if the food is enriched for fortified.
   e. If you have dietary restrictions or allergies, look for those foods on the ______________ list.

2) Not the number of _________ per container
   a. Serving sizes are standardized for more than 100 different food categories.

3) Note the number of calories in _____ serving.
   a. Daily calorie intake depends on a person’s:
      i. Age
      ii. Sex
      iii. _________
      iv. Basal metabolic rate-rate at which you use energy when your body is at rest
      v. _________ _______

4) Look at the percentages of the Daily Values.
   a. Note the percentage Daily Values for _________ that you should limit.
b. Check the percentage Daily Values for ________ and valuable ___________ and minerals.

5) Look for any health or nutrient claims
   a. Because these claims are regulated by the _____, they reveal useful information about the product.

9.2 Safely Managing Your Weight

1) A person’s weight is determined by various factors, including
   a. Heredity
   b. ___________ ___ __________
   c. Body composition

2) Heredity
   a. There is a link between body weight and heredity
   b. You might have a natural tendency toward a ________ ________.

3) Activity Level
   a. The more active you are, the more ___________ you burn.
   b. If you are less ________, you need fewer calories.
   c. The number of calories consumed must equal the number of calories burned.

4) Body composition
   a. Is a measure of how much ______ ________ you have, as compared to muscle and bone.
   b. Affected by sex and age.
   c. ________ tend to have more body fat and lower muscle mass than _____.

5) Overweight and Obesity
   a. The number of people in the U.S. who are overweight is ___________.
   b. Being overweight can lead to serious health ___________, including heart disease and ____________.

Overweight is a term used to describe a person who is heavier than the standard for the person’s ________.
Obesity refers specifically to adults who have a BMI of ___ or ________.

6) Health Risk
   a. Overweight people tend to develop several health problems
      i. High blood pressure
      ii. Excess cholesterol in the blood
      iii. Excess glucose in the ________
      iv. ________ __________ -
      v. Stroke
      vi. Certain cancers

7) What You Can Do
   a. ___________ is the key to avoiding the health problems associated with being overweight.
   b. Healthy eating and regular ____________ can help you avoid becoming overweight in the first place.

8) ___________ is a term used to describe a person who is lighter than the standard for the person’s height.
   a. Health risk
      i. __________
      ii. Heart irregularities
      iii. Trouble regulating body __________

9) Be patient. As you ________, there probably will come a time when your weight will start to increase.
   a. Healthy ________ and ________ are as important for putting on weight as they are for taking off weight.

10) Sensible weight management involves
    a. Avoiding dangerous diet plans
    b. Choosing nutritionally balanced _________ and ________
c. Getting _________ exercise

11) Dangerous Diet Plans
   a. A ______ ______ is a popular diet that may help a person lose or gain weight but without proper regard for nutrition and other health issues.
   b. ______ _______ include pills and candies that are supposed to suppress appetite.
   c. _______-Some people fast, or refrain from eating.

12) Sensible Weight Loss
   a. ______________ _________-Keep a diary of your current eating habits.
   b. _____________ __________-Change your eating habits gradually.
   c. __________-Your weight-loss program will be far more effective if you exercise.

Weight-Loss Strategies
   a. Eat smaller portions
   b. Eat your food ________ to enjoy its taste
   c. Try not to eat while watching TV or reading.
   d. Take a _____ instead of eating when you are bored.
   e. If you _______ occasionally, do not become upset. Just return to your sensible eating habits.

13) Sensible Weight Gain
    a. Avoid ___________ right before mealtimes.
    b. Choose _______ - ________ foods that are high in calories.
    c. Don’t increase your fat intake over what is recommended in the _________ plan.
    d. Try not to skip meals.
    e. Take bigger helpings of food than usual.
    f. While increasing your caloric intake, do not neglect ____________.