

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 rely 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) Note 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 _____.