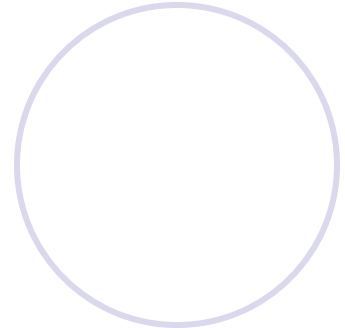
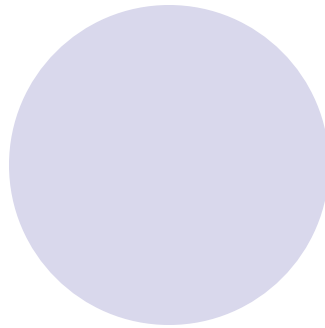
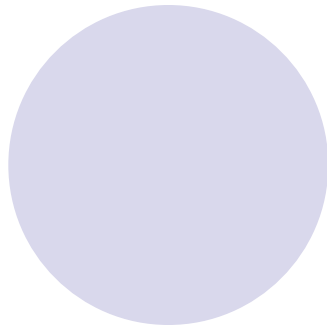


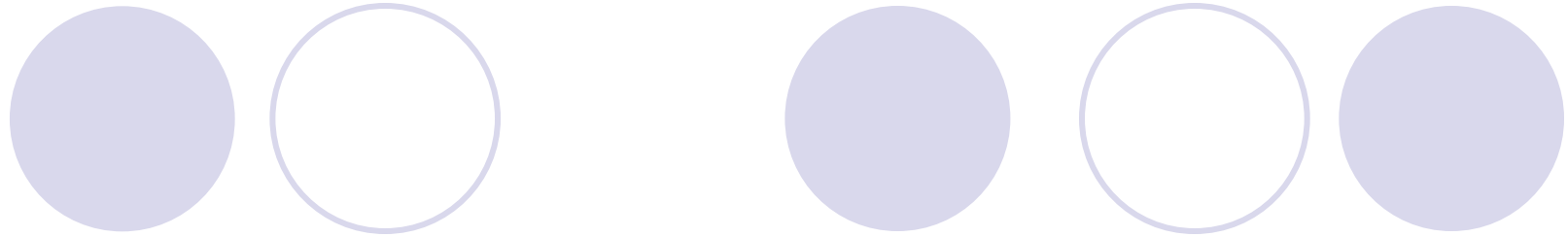
Chapter Two

Tools for Designing A Health Diet



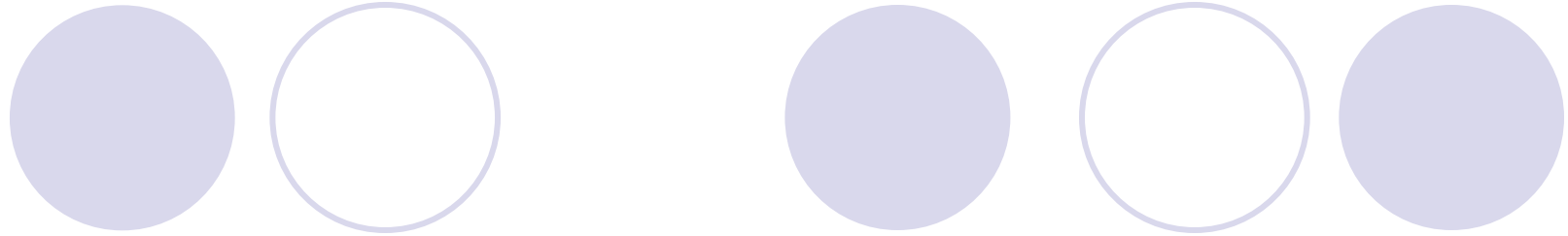
A Food Philosophy That Works

- Eat many different foods
- Do not over consume any single type of food
 - Necessary to get all necessary vitamins and mineral
 - Select from six major food groups
 - Grains
 - Vegetables
 - Fruits
 - milk
 - meats and beans
 - oils



- **Nutrient Density**

- Compare the vitamin and mineral content of food with the amount of calories it provides
- Food is nutrient dense if it provides a large amount of a nutrient in few calories



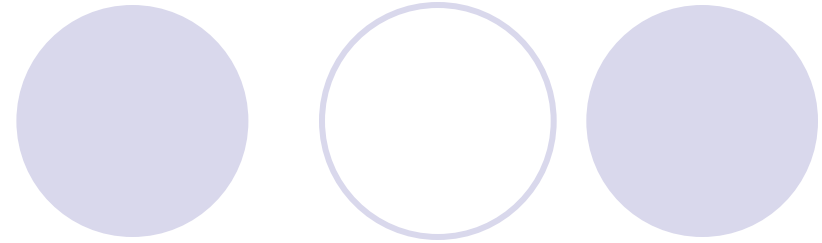
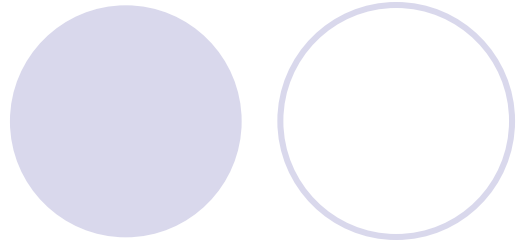
- **Energy Density**

- Compare the calorie content of food with its mass
- Food is dense if it has a small mass but is rich in calories
- Table 2-3



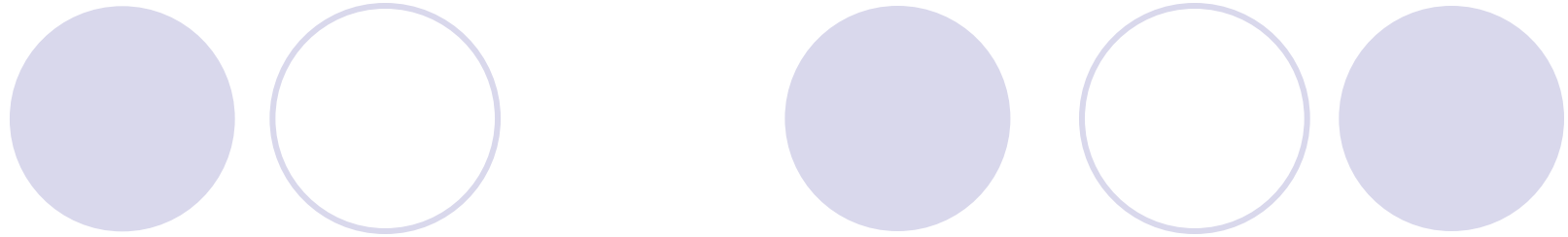
Measuring Nutritional States

- A nutritional assessment needs to be completed
- Table 2-4



- **Background Factors**

- Family history
- Medical history
- Medications
- Social history
- Education
- Economic status



- Assessments to complete the nutritional status:
 - Anthropometric – measures height, weight, body circumference
 - Biochemical – measure of nutrients & nutrient by-products in blood, urine and feces
 - Clinical – physical evidence of diet-related diseases
 - Economic – ability to purchase and prepare foods to maintain health



- Ways to Maintain Nutritional Health

- Consume a healthy diet

- Varied
- High in fiber
- Low in animal and trans fat

- Avoid becoming overweight

- Limit alcohol intake

- Exercise regularly

- Do not smoke

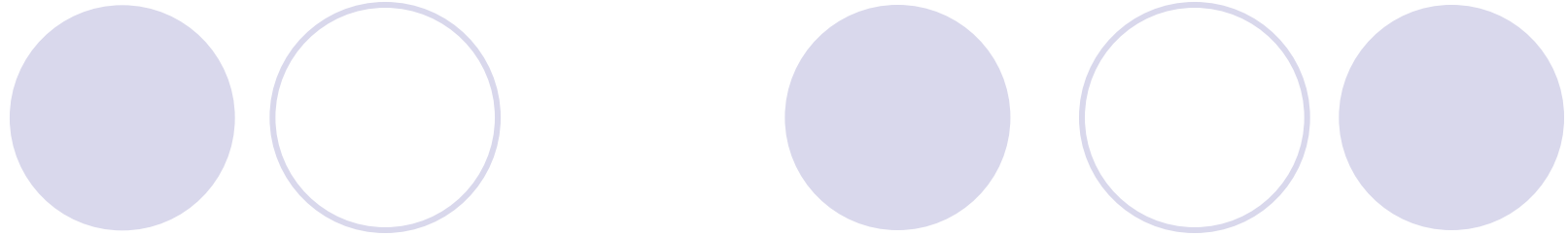


Recommendations for Food Choice

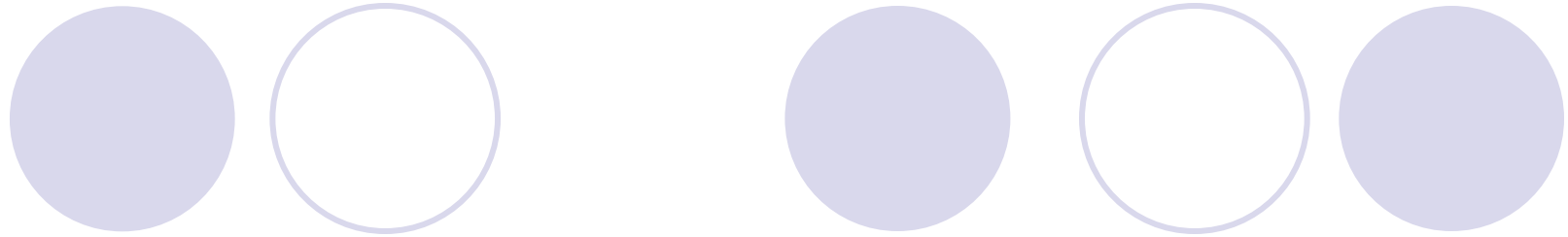
- MyPyramid – A Planning Tool
- Pages 45-57 of text

Food Labels and Diet Planning

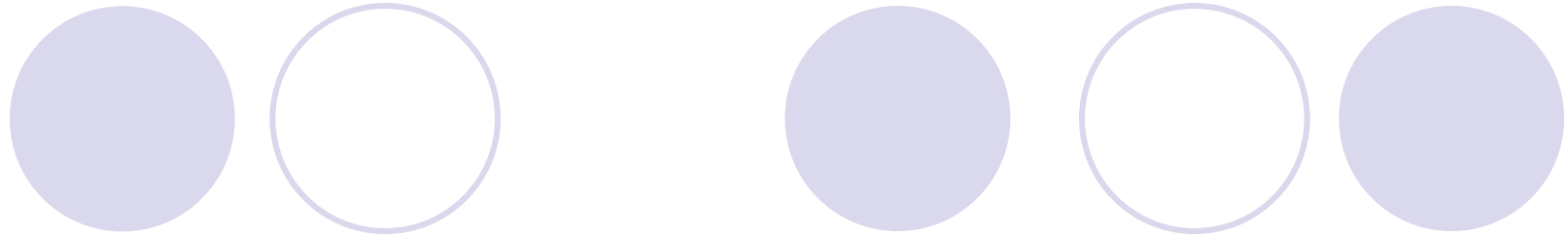
- Foods must be labeled with:
 - Product name
 - Manufacturer
 - Amount of product in the package
 - Ingredients – listed in descending order



- A nutritional Facts Panel must be present and include:
 - Total calories
 - Total fat, fat calories, saturated and trans fat
 - Cholesterol
 - Sodium
 - Carbohydrate, fiber, sugar
 - Protein
 - Vitamins A and C
 - Calcium and Iron



- Percentage of Daily Value is usually given for each serving
- Based on a 2000 kcal diet



- Health Claims on Food Labels

- The FDA allows certain claims to be made – they are widely accepted after thorough scientific testing
- List is on page 64

Comparing Nutrient Claims on Food Labels



- Table 2-11 pages 63