

Chapter 8

Making Healthy Choices

Objectives

After studying this chapter, you will be able to

- **name** benefits of making healthy choices;
- **explain** how to use Dietary Reference Intakes (DRIs), the *Dietary Guidelines for Americans*, and the MyPlate food guidance system as diet planning resources to meet daily needs;
- **identify** your recommended daily intake from each food group in MyPlate;
- **list** tips to use when shopping for and preparing foods; and
- **choose** healthy options when eating out.

Reading Prep

Before you begin reading this chapter, consider how the author developed and presented information. How does the information provide the foundation for the next chapter?

Content Terms



Dietary Reference
Intakes (DRIs)

*Dietary Guidelines for
Americans*

eating pattern

calorie balance

nutrient dense

empty calories

MyPlate

processed food



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Academic Terms



curb
outlook

sedentary
modest

Guide To Good Food Test

Velda L. Largent, Deborah L. Bence



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