

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

R Bogdan



Guide To Good Food Test:

Adopting the Beat of Term: An Psychological Symphony within **Guide To Good Food Test**

In a global taken by screens and the ceaseless chatter of immediate transmission, the melodic splendor and emotional symphony produced by the prepared term usually diminish into the background, eclipsed by the persistent sound and disruptions that permeate our lives. But, set within the pages of **Guide To Good Food Test** a wonderful literary treasure brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that interesting masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of this touching examination, we can explore the book is main harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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