




## TOPIC: THREE GUIDES TO A HEALTHFUL DIET

### Guides to Creating a Healthful Diet

◆ There are \_\_\_\_ main resources for nutrition guidelines.

Dietary Guidelines for Americans	Dietary Reference Intakes	Food Labels
<p><b>Goal:</b> help Americans make _____ choices.</p> <p><b>By:</b> US Dept. Agriculture (_____).</p>  <p><b>Resource:</b> <i>MyPlate.gov</i></p> <p>◆ USDA Dietary _____ focus on food groups and portions size.</p> <p><b>Updated:</b> every ____ years.</p> <p><b>General   Specific</b></p>	<p><b>Goal:</b> _____ establish values for optimal health.</p> <p><b>By:</b> National Academy of Science, Health and Medical Division.</p>  <p><b>Resource:</b> _____s</p> <p>◆ <i>RDA, AI, CDRI, EAR, AMDR, EER</i></p> <p>Give _____ recommended values for nutrients and Calories.</p> <p><b>Updated:</b> as _____.</p> <p><b>General   Specific</b></p>	<p><b>Goal:</b> reference for _____ by consumers.</p> <p><b>By:</b> Food and Drug Admin. (_____).</p>  <p><b>Resource:</b> Nutrition _____ Panel</p> <p>◆ _____ <i>Values:</i> percentage of nutrient needed in a 2000 Calorie diet. Based on _____.</p> <p><b>Updated:</b> as needed.</p> <p><b>General   Specific</b></p>

### PRACTICE

Which set of guidelines would an RDN most likely use in creating specific dietary recommendations?

- a) The Dietary Guidelines for Americans.
- b) Dietary Reference Intakes.
- c) Daily Values.
- d) MyPlate.

### PRACTICE

Which set of guidelines is legally mandated to be updated every 5 years?

- a) The DGAs
- b) The DRIs
- c) Food Labels
- d) Daily Values