

Following a Healthy Eating Pattern

1. The _____ provides recommendations for forming eating patterns that will promote health.
2. The Dietary Guidelines defines _____ - _____ foods as foods that are rich in needed nutrients and have little or no solid fats, added sugars, refined starches, and sodium.
3. The added sugars and solid fats found in some foods are called _____.
4. _____ are measure of energy in a given amount of food.
5. _____ system is used to help people put the Dietary Guidelines into practice.
6. _____ is not included on the MyPlate graphic because they are not considered a food group.
7. The dairy group includes many foods that are high in _____.
8. _____ is a sugar found in cow's milk and many people have difficulty digesting the milk.
9. Some animal – based proteins are high in _____ fats.
10. Saturated fat in the diet may contribute to such conditions such as _____.