

Unit 7 Study Guide
MyPlate and the Dietary Guidelines

1. How many calories per gram do the following nutrients provide:

<u>Nutrient</u>	<u>Calories Per Gram</u>
Carbohydrates	
Lipids	
Protein	
Water	
Vitamins	
Minerals	

2. If you ate a piece of whole wheat toast that contains 12 grams of carbohydrates, how many calories from carbohydrates would you eat?
3. If you ate a whole hard boiled egg that contains 5 grams of lipids, how many calories from lipids would you eat?
4. If you ate a sirloin steak that contains 24 grams of protein, how many calories from protein would you eat?
1. If you ate a piece of apple flavored jolly rancher candy that contains 0 grams of vitamins/minerals, how many calories from vitamins/minerals would you eat?
2. What is the Key Consumer Message for the Fruits Food Group?
3. What is the Key Consumer Message for the Vegetables Food Group?
4. What is the Key Consumer Message for the Protein Food Group?
5. What is the Key Consumer Message for the Grains Food Group?
6. What is the Key Consumer Message for the Dairy Food Group?

7. How much seafood should be added to the diet weekly?
8. What does it mean if a food is “Nutrient Dense”?
9. What does it mean if a food is considered to have a lot of “empty calories”?
10. List at least 3 things that the Average American should **REDUCE or DECREASE** in the diet.
 - a. _____
 - b. _____
 - c. _____
11. How often are the Dietary Guidelines revised?
12. What three things does ChooseMyPlate.gov use to determine caloric needs? (How many calories a person needs per day.)
 - a. _____
 - b. _____
 - c. _____
13. What substance, (that has been linked to high blood pressure), do the Dietary Guidelines suggest the Average American reduce in the diet?
14. How many minutes of exercise is recommended for teens every day?
15. What does it mean to “limit screen time”?
16. Fill in the blank for the following Dietary Guidelines:
 - a. Choose a _____ of nutrient-dense foods.
 - b. Include _____ as part of healthy eating patterns.
 - c. _____ has a role in helping to create and support healthy eating patterns.