Name _____ Date _____ Class _____

Healthy Eating

Guide for Reading

- How can the Food Guide Pyramid help you plan a healthy diet?
- What kind of information is included on food labels?

The **Food Guide Pyramid** was developed by nutritionists to help people plan a healthy diet. **The Food Guide Pyramid classifies foods into six groups. It also indicates how many servings from each group should be eaten every day to maintain a healthy diet.**

The pyramid has four levels. The base of the pyramid includes foods made from grains, such as bread, cereals, rice, and pasta. This bottom level is the widest part of the pyramid. This means that these foods should make up the largest part of the diet. The second level is made of two food groups, the Fruit group and the Vegetable group. People need fewer servings of these foods than of foods from the bottom level. The third level contains the Milk, Yogurt, and Cheese group, and the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts group. People need still smaller amounts of food from this level. At the top of the pyramid are foods containing large amounts of fat, sugar, or both. Only small amounts of these foods should be eaten.

Food labels contain information that can help you to eat wisely. The serving size and the number of servings in the container are listed at the top of the label. **Food labels allow you to evaluate a single food as well as to compare the nutritional value of two different foods.**

A food label also has a column called Percent Daily Value. The **Percent Daily Value** indicates how the nutritional content of one serving fits into the diet of a person who consumes a total of 2,000 Calories a day. For example, suppose the label lists 12 percent for Total Carbohydrates. This means that the food supplies 12 percent of the carbohydrates that an average person should eat each day. Food labels also list ingredients in order by weight, starting with the main ingredient. By reading ingredient lists, people can avoid foods that contain substances they should not eat.

Dietary Reference Intakes (DRIs) are guidelines that show the amounts of nutrients needed every day. DRIs also show how the Calories that people eat each day should be split among carbohydrates, fats, and proteins.

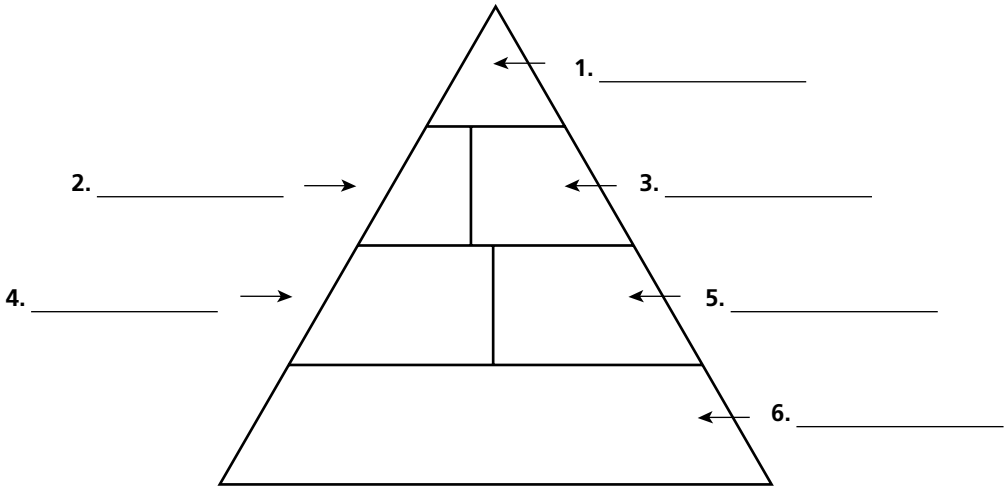
© Pearson Education, Inc., publishing as Pearson Prentice Hall. All rights reserved.

Name _____ Date _____ Class _____

Healthy Eating

Understanding Main Ideas

Fill in the Food Guide Pyramid with the names of the six major food groups.



7. What does a food group's size in the pyramid indicate?
8. Which group should be eaten most sparingly?
9. Suppose that a portion of food is twice the size of the serving size listed on a food label. How do you determine how many Calories are in the portion?
10. A 12 cup serving of soup has a total of 70 Calories, 10 of which are from fat. What percentage of the Calories are from fat?

Building Vocabulary

11. What is the Food Guide Pyramid used for?

_____

_____

_____

12. What is a Percent Daily Value?

_____

_____

_____

© Pearson Education, Inc., publishing as Pearson Prentice Hall. All rights reserved.