

# Chapter 2

## 1.1 What Is a Healthful Diet?

- A healthful diet is
  - Adequate
  - Moderate
  - Balanced
  - Nutrient-dense
  - Varied

## 1.2 A Healthful Diet is...

### 1.2.1 Adequate

- An adequate diet provides enough energy, nutrients, and fiber to support a person's health
- A diet adequate in one area can still be inadequate in another
- A diet adequate for one person may not be adequate for another

### 1.2.2 Moderate

- Another key to a healthful diet is moderation
- A healthful diet contains the right amounts of foods for maintaining proper weight and nutrition

### 1.2.3 Nutrient-Dense

- A nutrient dense diet is made up of foods and beverages that supply the highest level of nutrients for the lowest number of calories
- Examples of nutrient dense foods are fruits, vegetables and whole grain

### 1.2.4 Balanced

- A balanced diet contains the right combinations of foods to provide the proper proportions of nutrients

### 1.2.5 Varied

- **Variety** – eating many different foods from the different food groups on a regular basis
- A healthful diet is not based on only one or a few types of foods

## 1.3 What's Behind Our Food Choices?

- Hunger is a basic biological urge, while appetite is a psychological desire influenced by
  - Sensory data
    - \* Social and cultural cues
    - \* Sight
    - \* Smell
    - \* Taste
    - \* Texture
    - \* Sound
  - Social, cultural, and emotional cues
    - \* Craving “comfort foods”
    - \* Associating food with a location
      - Popcorn at the movies, or hot dogs at a baseball game
  - Learned factors (family, community, religion)
    - \* Conditioned taste aversion: avoidance of a food as a result of a negative experience such as an illness

## 1.4 Designing a Healthful Diet

- Tools for designing a healthful diet include:
  - Food labels
  - 2010 Dietary Guidelines for Americans
  - The USDA Food Patterns and MyPlate graphic
  - Other eating plans

## 1.5 Food Labels

- Five components of food labels:
  - Statement of identity
  - Net contents of the package

- Ingredient list
- Name and address of the food manufacturer, packer, or distributor
- Nutrition information

### 1.5.1 Nutrition Facts Panel

- The Nutrition Facts Panel contains the nutrition information required by the FDA
  - Label regulations began in 1973
  - The U.S. Food and Drug Administration (FDA) has made changes to the 20-year old nutrition labels on packaged foods. The changes to the nutrition label provide information to help compare products and make healthy food choices.
- This information can be used in planning a healthful diet
- Serving size and servings per container
  - Serving sizes can be used to plan appropriate amounts of food
  - Standardized serving sizes allow for comparisons among similar products
- Calories and Calories from fat per serving
  - This information can be used to determine if a product is relatively high in fat
- List of nutrients
  - Fat (total, saturated, and *trans*)
  - Cholesterol
  - Sodium
  - Carbohydrates
  - Protein
  - Some vitamins and minerals
- Percent Daily Values (%DV)
  - Describe how much a serving of food contributes to your total intake of a nutrient
  - Based on a diet of 2,000 Calories per day
  - Can be used to determine if a product is low or high in a particular nutrient
  - Based on:
    - \* Reference Daily Intakes (RDIs) for foods with a Recommended Dietary Allowance (RDA) value
    - \* Daily Reference Values (DRVs) for foods without an RDA value
- Footnote

- Contains general dietary advice for all people of all health
- Must be present on all food labels
- Also compares a 2,000-Calorie diet with a 2,500-Calorie diet

### 1.5.2 Nutrient Claims on Food Labels

- The FDA has approved several claims related to health and disease
- If current scientific evidence about a health claim is not convincing, the label may have to include a disclaimer
- **Structure** – function claims such as “Builds stronger bones” can be made with no proof and therefore no actual benefits may be seen

Table 1.1: FDA-Approved Terms and Definitions

Nutrient	Claim	Meaning
Energy	Calorie free	Less than 5 kcal per serving
	Low Calorie	40 kcal or less per serving
	Reduced Calorie	At least 25% fewer kcal than reference (or regular) food
Fat and Cholesterol	Fat free	Less than 0.5 g of fat per serving
	Low fat	3 g or less fat per serving
	Reduced fat	At least 25% less fat per serving than reference food
	Saturated fat free	Less than 0.5 g of saturated fat <i>and</i> less than 0.5 g of <i>trans</i> fat per serving
	Low saturated fat	1 g or less saturated fat and less than 0.5 g <i>trans</i> fat per serving <i>and</i> 15% or less of total kcal from saturated fat
	Reduced saturated fat	At least 25% less saturated fat <i>and</i> reduced by more than 1 g saturated fat per serving as compared to reference food
	Cholesterol free	Less than 2 mg of cholesterol per serving <i>and</i> 2 g or less saturated fat and <i>trans</i> fat combined per serving
Fiber and Sugar	Low cholesterol	20 mg or less cholesterol <i>and</i> 2 g or less saturated fat per serving
	Reduced cholesterol	At least 25% less cholesterol than reference food <i>and</i> 2 g or less saturated fat per serving
	High fiber	5 g or more fiber per serving*
	Good source of fiber	2.5 g to 4.9 g fiber per serving
	More or added fiber	At least 2.5 to 4.9 g fiber per serving
	Sugar free	Less than 0.5 g sugars per serving
	Low sugar	Not defined; no basis for recommended intake
	Reduced/less sugar	At least 25% less sugars per serving than reference food
	No added sugars or without added sugars	No sugar or sugar-containing ingredient added during processing

\*High-fiber claims must also meet the definition of low fat; if not, then the level of total fat must appear next to the high-fiber claim. Data adapted from: "Food Labeling Guide" (U.S. Food and Drug Administration)