

# Activity

## Dietary Guidelines

### Identify the Guidelines

**Directions:** Identify the Dietary Guideline suggested by each situation. If you need help recalling the guidelines, refer to your textbook.

Situation A: Jeanna was 20 pounds overweight when she turned 18. She took up gardening and joined an intramural volleyball team. She has lost an average of one pound per month for the past year. She says she feels much better.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_

Situation B: Dwayne eats out often. He selects lean cuts of meat, light dressings for his salads, and rice instead of French fries.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_

Situation C: Serena's mom packs a bag lunch for Serena each day. She makes sandwiches on whole-grain bread. She packs an orange or an apple and a bag of carrot or celery sticks.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Situation D: Dave has never been a picky eater. He likes a wide range of foods, and enjoys trying new dishes from time to time.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_

Situation E: Pete avoids eating too many processed foods. He selects fresh forms of his favorites as often as possible. He has also learned how to prepare foods using seasoning blends instead of salt.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_

Situation F: Denise reads labels closely as she shops so as to be more aware of hidden sweeteners. She knows that these may be listed as maltose, fructose, honey, syrup, or a variety of other names.

**Dietary Guideline:** \_\_\_\_\_  
\_\_\_\_\_