CHAPTER TWO

Principles & Guidelines

Diet-planning principles:
1. 
2. 
3. 
4. 
5. 
6. 

Dietary guidelines for Americans:

Diet Planning Guides

Daily food guide:

Vegetarian food guide:

Exchange lists:

From guidelines to the grocery store:

Breads, cereals & other grain products:

Vegetables:

Fruits:

Meat, fish & poultry:
Milk:

Food Labels
Ingredient list:

Serving size:

Nutrition facts:

Percent daily value:

Health claims:

14 allowable health claims:

Label terms:

CHAPTER TWO QUESTIONS