

The Science of Nutrition, Cdn. Ed. (Thompson)
Chapter 2 Designing a Healthy Diet

1) The four characteristics of a healthful diet are adequacy, balance, moderation, and:

- A) calories.
- B) consistency.
- C) value.
- D) variety.

Answer: D

Type: MC

Topic: What is a Healthy Diet?

Skill: Remember/Understand

2) Including fibre in your diet is beneficial to your GI tract, but consuming excess amounts of fibre can result in the loss of nutrients. This statement is an example of which of the following factors to consider in planning diets?

- A) adequacy
- B) calorie control
- C) variety
- D) moderation

Answer: D

Type: MC

Topic: What is a Healthy Diet?

Skill: Apply

3) _____ refers to eating the right proportion of foods.

- A) Restriction
- B) Balance
- C) Moderation
- D) Variety

Answer: B

Type: MC

Topic: What is a Healthy Diet?

Skill: Remember/Understand

4) Gabrielle is a college athlete who requires 2,400 kcals a day to support her total energy needs. However, Gabrielle only manages to consume approximately 1,700 kcals a day. Which of the four characteristics of a healthful diet can you determine that Gabrielle is not meeting?

- A) adequacy
- B) moderation
- C) variety
- D) balance

Answer: A

Type: MC

Topic: What is a Healthy Diet?

Skill: Apply

5) Louis is a stay-at-home dad who generally prepares the majority of meals for his household. Even though he always prepares meals that offer enough calories and nutrients for his family of

four, he tends to make the same meals again and again. Which one of the characteristics of a healthy diet is Louis not incorporating into his meal planning?

- A) adequacy
- B) balance
- C) moderation
- D) variety

Answer: D

Type: MC

Topic: What is a Healthy Diet?

Skill: Analyze

6) Which of the following would require a Nutrition Facts table?

- A) coffee and tea
- B) cereal
- C) fresh vegetables
- D) bakery items

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

7) In December 2002, the Food and Drug Regulations were amended to make bilingual nutrition labelling mandatory on most products, update the nutrient content claims, and:

- A) permit diet-related health claims.
- B) require standardized pricing.
- C) allow industry to self-regulate portion sizes.
- D) require an overall rating of nutritional value.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

8) Joe is trying to quickly decide between two different cereals to determine which one is the healthier choice for sodium, vitamin A, and calcium. He does not know how much of each of these nutrients he should be consuming on a daily basis. Which part of the Nutrition Facts Table will be the MOST beneficial?

- A) the ingredient list
- B) the percent daily value
- C) the calories per serving
- D) the amounts of each nutrient

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

9) The Nutrition Facts Panel on a box of crackers indicates that one serving provides 140 calories, with 55 calories coming from fat. Approximately what percentage of calories are coming from fat in this product?

- A) 39%

- B) 55%
- C) 85%
- D) 95%

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

10) You are reading a food label that indicates that the product contains 22% of the DV of calcium, 2% of the DV of Vitamin C, and 30% of the DV from fat. Based on this information, which of the following statements is correct?

- A) This product is high in calcium.
- B) This product is high in vitamin C.
- C) This product is low in fat.
- D) This product is low in calcium.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

11) By December _____ all business were required to comply with the new Canadian food and Drug Regulations.

- A) 2000
- B) 2002
- C) 2005
- D) 2007

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

12) Which of the following is required on every food label?

- A) Potassium (mg/serving)
- B) Calcium (mg/serving)
- C) Magnesium (mg/serving)
- D) Iodine (mg/serving)

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

13) A typical cookie provides 180 calories per serving of one cookie. A company would like to develop a cookie that is reduced in calories. What is the maximum amount of calories the reduced in calories cookie can contain?

- A) 90
- B) 135
- C) 153
- D) 171

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

14) *Eating Well with Canada's Food Guide* encourages meat alternatives such as beans and tofu to lower intakes of which of the following?

- A) insoluble fibre
- B) saturated fat
- C) simple carbohydrates
- D) omega-3 fatty acids

Answer: B

Type: MC

Topic: Eating Well with Canada's Food Guide

Skill: Remember/Understand

15) According to *Eating Well with Canada's Food Guide*, which of the following would be a healthy alternative for an individual who does not like to drink milk?

- A) regular orange juice
- B) calcium fortified soy milk
- C) coconut water
- D) ice cream

Answer: B

Type: MC

Topic: Eating Well with Canada's Food Guide

Skill: Apply

16) *Eating Well with Canada's Food Guide* was released in 2007 and is intended to help people meet their nutrient needs, contribute to overall health and vitality, and:

- A) promote weight-loss.
- B) treat infectious diseases.
- C) reduce the risk of chronic diseases.
- D) make a healthy diet affordable.

Answer: C

Type: MC

Topic: Eating Well with Canada's Food Guide

Skill: Remember/Understand

17) Which of the following would be the healthiest way to prepare a potato?

- A) deep-fried as a French fry
- B) baked with the skin on
- C) mashed with butter and cream
- D) boiled and topped with sour cream

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

18) What would you say to someone who tells you that they do not need to eat fruits and vegetables because they can take a vitamin and mineral supplement instead?

- A) Supplements can replace fruits and vegetables as long as you are eating enough protein and fibre.
- B) Supplements cannot replace fruits and vegetables because whole foods provide more than vitamins and minerals.
- C) Supplements are not safe to take because they are created artificially in a lab and do not get absorbed.
- D) Supplements can compensate for a poor diet and they do not need to make any changes to their food intakes.

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

19) *Eating Well with Canada's Food Guide* recommends eating at least one dark green and one orange vegetable each day to ensure an adequate intake of:

- A) folate and vitamin A.
- B) niacin and iron.
- C) calcium and vitamin D.
- D) thiamine and riboflavin.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

20) Shayla explains that she is having white pasta with a cream sauce for dinner. She notes that she will be following *Eating Well with Canada's Food Guide* as she will be having a serving from the grain products and milk and alternatives groups. What would you say about her choices?

- A) She should not eat pasta or milk products because they have too many kilocalories.
- B) She should change her meal to whole wheat pasta and replace half the cream with tomato sauce.
- C) She should eat the white pasta and cream sauce because the fibre and calcium off-set the kilocalories.
- D) She should replace the white pasta with white rice and the cream sauce with soy sauce.

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

21) Which of the following *Eating Well with Canada's Food Guide* groups should be consumed in the lowest proportion?

- A) meat and alternatives
- B) milk and alternatives
- C) grain products
- D) vegetables and fruit

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

22) Foods in the milk and alternatives group are clustered together because they are good sources of which mineral?

- A) iron
- B) magnesium
- C) vitamin D
- D) sodium

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

23) Which statement best describes nutrient density?

- A) choose high energy foods from any given food group
- B) consume a variety of foods from the different food groups every day
- C) plan your entire day's diet so that you balance nutrient sources
- D) consume foods that have the most nutrients relative to their kilocalories

Answer: D

Type: MC

Topic: What is a Healthy Diet?

Skill: Remember/Understand

24) Assuming each has the same number of kilocalories, which has the greatest nutrient density?

- A) 1 cup of skim milk

- B) 3/4 cup orange cocktail
- C) 2 thin mint Girl Scout cookies
- D) 1 slice of white enriched bread

Answer: A

Type: MC

Topic: What is a Healthy Diet?

Skill: Analyze

25) *Eating Well with Canada's Food Guide* recommends which of the following with respect to fats and oils?

- A) Include small amounts of unsaturated fats in your diet each day.
- B) Omit all fats from your diet.
- C) Include a small amount of trans-fats in your diet each day.
- D) Include small amounts of all types of fat in your diet each week.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

26) For lunch you had a sandwich with two slice of whole-wheat bread, 2 TBSP of peanut butter, 2 TBSP of jam, an apple, and a 250 ml glass of milk. How many Food Guide servings did you have?

- A) 2 grain, 1 meat and alternative, 2 vegetables and fruit, and 1 milk and alternative
- B) 1 grain, 1 meat and alternative, 2 vegetables and fruit, and 2 milk and alternative
- C) 2 grain, 2 meat and alternative, 1 vegetable and fruit, and 1 milk and alternative
- D) 2 grain, 1 meat and alternative, 1 vegetable and fruit, and 1 milk and alternative

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

27) Select the food that best represents one serving from the grain products group in *Eating Well with Canada's Food Guide*.

- A) a large whole-wheat bagel
- B) one piece of toast
- C) 1 cup of pasta
- D) 2 cups of oatmeal

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

28) Naturally occurring plant-based chemicals that potentially enhance health are called:

- A) plant stimulants.
- B) phytochemicals.
- C) chemokines.
- D) phytokines.

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

29) If a company wanted to make a disease related health claim regarding calcium and vitamin D and osteoporosis, which of the following nutrients would they have to add to the nutrition label?

- A) calcium
- B) vitamin D
- C) potassium
- D) vitamin A

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

30) Which of the following practices could result in foodborne illnesses?

- A) pasteurizing juices and milk products
- B) undercooking meat, poultry, and fish
- C) washing cooking surfaces with soap and hot water
- D) storing non-perishable foods in the cupboard

Answer: B

Type: MC

Topic: What is a Healthy Diet?

Skill: Remember/Understand

31) About _____ of Canadians report eating out at least once per week.

- A) 1/4
- B) 1/3
- C) 1/2
- D) 3/4

Answer: B

Type: MC

Topic: Can Eating Out Be Part of a Healthy Diet?

Skill: Remember/Understand

32) Foods purchased at fast-food restaurants tend to be high in kilocalories, fat, and:

- A) sodium.
- B) calcium.
- C) potassium.
- D) fibre.

Answer: A

Type: MC

Topic: Can Eating Out Be Part of a Healthy Diet?

Skill: Remember/Understand

33) Which of the following beverages would be the best choice when ordering a drink at a coffee shop?

- A) a whole milk latte
- B) a coffee with milk
- C) a skim milk vanilla flavoured latte
- D) a hot chocolate with whip cream

Answer: B

Type: MC

Topic: Can Eating Out Be Part of a Healthy Diet?

Skill: Analyze

34) How many servings from the milk and alternative group should an 8-year-old boy consume each day?

- A) 1
- B) 2
- C) 3
- D) 4

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

35) A food guide serving is:

- A) a reference amount to help people understand how much food is recommended.
- B) the amount you should eat at each meal from each of the food groups.
- C) the amount of food from each food group a restaurant will typically serve.
- D) a reference amount for a nutrition label for each of the food groups.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

36) You are looking at the ingredient list for a box of cereal. The first five ingredients are, in order: whole grain oat flour, sugar, corn flour, whole wheat flour, and rice flour. What can you conclude about the sugar content of this product?

- A) Sugar provides the second most kilocalories.
- B) Sugar is the second ingredient added when making the cereal.
- C) Sugar is the second ingredient you will taste when eating the cereal.
- D) Sugar is the second highest ingredient by weight.

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

37) You and your friend are out to dinner and order pasta at an Italian restaurant. You estimate the portion size to be 2 cups. How many servings from the grain products will you have eaten if you eat the entire plate?

- A) 1
- B) 2
- C) 3
- D) 4

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

38) When choosing foods from the vegetables and fruit category, *Eating Well with Canada's Food Guide* recommends choosing whole fruits more often than juices because it will ensure a higher intake of:

- A) water.
- B) fibre.
- C) vitamin C.
- D) potassium.

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

39) The first item on an ingredient list is:

- A) the predominant ingredient.
- B) the most important ingredient.
- C) the healthiest ingredient.
- D) the most expensive.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

40) When choosing foods from the grain products category, *Eating Well with Canada's Food Guide* recommends choosing at least half of your grain products as whole grains to ensure an adequate intake of:

- A) calcium.
- B) vitamin B₁₂.
- C) magnesium.
- D) vitamin D.

Answer: C

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

41) The serving sizes found in *Eating Well with Canada's Food Guide* are based on a person's:

- A) health and risk of disease.
- B) body weight and height.
- C) physical activity levels.
- D) age and gender.

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

42) Adrienne is a 25-year-old female who has just finished drinking a 500 mL container of chocolate milk from the vending machine at the local fitness club. How many more servings from the milk and alternatives group does she need to meet her *Eating Well with Canada's Food Guide* recommended servings for the day?

- A) 0
- B) 1
- C) 2
- D) 3

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

43) As a general rule, serving sizes at restaurants have _____ in the past 30 years.

- A) decreased slightly
- B) increased slightly
- C) stayed the same
- D) increased substantially

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

44) According to *Eating Well with Canada's Food Guide*, which of the following individuals should consume a supplement containing 400 IU of vitamin D in addition to eating the recommended number of servings from the milk and alternatives group each day?

- A) a 6-year-old male
- B) a 22-year-old female
- C) a 48-year-old female
- D) a 65-year-old male

Answer: D

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

45) The version of *Eating Well with Canada's Food Guide* that is tailored to Canadian First Nation, Inuit, and Metis populations differs from the original version because it uses a _____ format rather than a rainbow format.

- A) square
- B) pyramid
- C) circle
- D) star

Answer: C

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

46) It is currently estimated that approximately _____ of the Canadian population is overweight or obese.

- A) 23%
- B) 36%
- C) 59%
- D) 74%

Answer: C

Type: MC

Topic: Can Eating Out Be Part of a Healthy Diet?

Skill: Remember/Understand

47) Summer is an 18-year-old female. Today she ate 1.5 cups of cooked oatmeal for breakfast, a sandwich with two slices of bread for lunch, and she is planning on having chicken with rice for dinner. She has not had any other grain products today. How much rice should she eat in order to meet her *Eating Well with Canada's Food Guide* recommended number of servings from the grain products group?

- A) 0.5 cup
- B) 1 cup
- C) 1.5 cups
- D) 2 cups

Answer: B

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

48) According to *Eating Well with Canada's Food Guide*, which of the following individuals should consume a supplement containing 400 micrograms of folic acid, in addition to eating the recommended number of servings from the grain products and vegetable and fruit groups each day?

- A) a 75-year-old female with osteoporosis
- B) a 19-year-old female athlete
- C) a 28-year-old female who is pregnant
- D) a 52-year-old female who is going through menopause

Answer: C

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

49) You are comparing the nutritional information from a fast-food restaurant to a serving size from *Eating Well with Canada's Food Guide*. How would you expect the two to measure up?

- A) The serving size from *Eating Well with Canada's Food Guide* will be larger.
- B) The serving size from *Eating Well with Canada's Food Guide* will be the same.
- C) The serving size from *Eating Well with Canada's Food Guide* will be smaller.
- D) The serving size from *Eating Well with Canada's Food Guide* will be exactly double.

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

50) You are interested in knowing the energy density of a food. Which part of the Nutrition Facts table will be most helpful?

- A) Calories per serving
- B) List of nutrients
- C) Nutrient content claims
- D) Percent daily value

Answer: A

Type: MC

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Remember/Understand

51) Padma is a 40-year-old female who is a vegetarian. She is concerned that her intake from the meat and alternatives group is too low. On average she has 3/4 cup of cooked legumes and 1/2 cup of shelled nuts and seeds each day. She will also eat either 2 eggs or 150 g of tofu each day. What would you say to her?

Answer: I would tell Padma that she is actually exceeding the *Eating Well with Canada's Food Guide* recommendations. Since Padma is in the 19-50 category, she should be consuming 2 servings per day from the meat and alternatives group. Currently she is eating four servings from the meat and alternative group. If anything, she should be reducing her intake to avoid consuming excess kilocalories.

Type: SA

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

52) Describe the benefits of consuming a varied diet.

Answer: A diet that is varied helps ensure that a person is getting the full complement of nutrients they require. A varied diet also helps prevent getting into a "food rut" and prevents boredom.

Type: SA

Topic: What is a Healthy Diet?

Skill: Remember/Understand

53) Shelley is a cross-country runner who restricts her food intake because she is concerned about her weight. At her doctor's visit she complains that she often feels tired and has stopped menstruating. Why should her doctor be concerned? What dietary changes should her doctor recommend?

Answer: Shelley's doctor should be concerned because her diet is inadequate causing her to be undernourished. She should increase her kilocalories to meet her energy needs.

Type: SA

Topic: What is a Healthy Diet?

Skill: Analyze

54) A granola bar contains 2 gram of fibre and 6 grams of fat per 48 gram serving size. The company wished to make claim that their granola bar is high in fibre and low in fat. Would this be allowed?

Answer: The company would be able to claim that their granola bar is a source of fibre because it contains the minimum amount of 2 g of fibre per serving. They would not be able to claim that their granola bar is low in fat because it contains 6 grams of fat per serving and to qualify as low in fat it must contain no more than 3 grams of fat.

Type: SA

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

55) Explain why the daily value of a nutrient is often more useful to the general public than the absolute amounts of the nutrient.

Answer: The daily value is often more useful because it allows consumers to quickly determine if there is a lot or a little of a nutrient in a food relative to the amount they need to consume.

Using the daily value consumers can make this decision without having to know how much of a nutrient they need.

Type: SA

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Evaluate

56) Compare and contrast the 1992 *Canada's Food Guide to Healthy Eating* with the 2007 *Eating Well with Canada's Food Guide*.

Answer: The two food guides are similar in that they both use a rainbow design and have meat and alternatives as the smallest arc and milk and alternatives as the second smallest arc. They differ in the order of the grain products and vegetables and fruits groups. In the newest version vegetables and fruits are the largest arc due to their importance in chronic disease prevention.

Type: SA

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Analyze

57) New York has put in place a ban on the sale of supersized soda pops. How does this compare to the trend in portion sizes over the last 20 years? How could this impact obesity rates?

Answer: The New York ban on supersized sodas goes against the trend of the past 20 years of increased portion sizes. Ideally, enforcing smaller portion sizes will decrease the obesity rates, as increased portion sizes are thought to have contributed to increased energy intake and consequently obesity rates.

Type: SA

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Evaluate

61) Compare and contrast The Mediterranean Diet with *Eating Well with Canada's Food Guide*.
Answer: The Mediterranean diet is associated with a reduction in several chronic diseases most prevalent in Canada.

Following Mediterranean diet, being physically active, and not smoking may reduce the risk of coronary heart disease, stroke and type 2 diabetes.

Mediterranean diet differs from *Eating Well with Canada's Food Guide* because meat is eaten monthly and poultry and fish weekly. *Eating Well with Canada's Food Guide* recommends 2 servings per day from the meat and alternatives group. It notes the importance of fish and meat alternatives but generally results in a greater consumption of meat and poultry.

In the Mediterranean diet, olive oil is used for cooking and flavour. Olive oil is high in monounsaturated fats. *Eating Well with Canada's Food Guide* emphasizes unsaturated fats but not necessarily monounsaturated fats.

The Mediterranean diet suggests whole grains, beans and legumes, nuts, vegetables, cheese, and yogourt daily. Although *Eating Well with Canada's Food Guide* includes nuts, legumes, cheese, and yogourt; it does not specify daily consumption.

The two diets are similar, however, in that both recommend vegetables and whole grains daily. The Mediterranean diet specifies the inclusion of wine.

Overall, the Mediterranean diet is approximately 40% of total energy coming from fat, which is greater than that of *Eating Well with Canada's Food Guide*; however, the fat is from primarily plant sources and is unsaturated.

Type: ES

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Evaluate

62) You have been asked to do a nutrition presentation on the Nutrition Facts table to a high school class. How would you explain the format of a Nutrition Facts table to this class? What tips would you give the class to be able to quickly determine if a food would be a healthy choice?

Answer: Nutrition facts table has a consistent format that provides information on different types of fats, sodium, calories, carbohydrates, sugar, fibre, proteins, vitamins A and C, and the minerals calcium and iron.

Contains the serving size that the information is based on.

Includes calories per serving, list of nutrients and percent daily value.

Nutrient content claims and diet-related health claims may be included. These are regulated by Health Canada.

Tips for reading labels to identify healthy choices include:

Check the serving size first and compare that to the amount you are eating.

Look for low amounts of the nutrients at the top of the list (fat, cholesterol, sodium etc.)

Look for high amounts of the nutrients at the bottom of the list (fibre, vitamins etc.)

Use the percent daily value to get a quick idea of the nutrient content of the food in relation to the amounts you need in your daily diet.

If a food contains a nutrient content or diet-related health claim continue to check the full nutrition facts panel to determine the overall nutritional quality of the food.

Type: ES

Topic: What Tools Can Help Me Design a Healthy Diet?

Skill: Apply

63) Janna is a varsity level basketball player. Normally she eats a healthy diet but she struggles to maintain her healthy diet when the team is travelling and she is forced to eat at fast-food

restaurants. The team decides to stop for lunch at a fast-food restaurant on their drive back home. Provide Janna with some strategies and examples to help her ensure her meal choice is healthy?

Answer: Check the cooking methods and choose foods that have been grilled or baked not breaded or fried.

Share with a friend if the portion sizes are too large.

Choose a broth based soup such as tomato or vegetable barley.

Choose lean cuts of meat or go vegetarian. Opt for chicken, chick peas, humus, nuts or cheese as her protein source.

Avoid cream sauces or any foods that pose a risk for food safety.

Ask for condiments and dressings on the side so she can control the amounts being added to her foods.

Ask for substitutions such as salads, baked potatoes, or vegetables instead of fries, rice or pasta if she is concerned about the calories.

Check the nutrition facts prior to ordering to make herself aware of the nutrient composition of the foods.

Ask for water or low fat milk instead of soft drinks.

Type: ES

Topic: Can Eating Out Be Part of a Healthy Diet?

Skill: Apply