

# Chapter 9: Choosing Food Wisely

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## *9.1 How to Choose Food*

Hunger -

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Appetite-

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***FOOD IS FUEL!!! YOU SHOULD EAT BASED ON YOUR NUTRIENT NEEDS!!!***

Your \_\_\_\_\_ (BMR) is the rate at which you use energy when your body is at rest.

## *Food Labels*

Food labels show information on:

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**Ingredients** on food labels are listed by content in order from \_\_\_\_\_ to \_\_\_\_\_.

**Daily Values** are recommendations that specify the amounts of certain \_\_\_\_\_ that the average person should obtain \_\_\_\_\_.

## **GOOD THINGS TO KNOW**

- Nutrient information is regulated by the FDA (Food and Drug Administration) and must be accurate.
- All food sold in stores is required to have a label.
- Companies can make claims about nutrition, but claims are not necessarily always true.

# Choosing Food Wisely (9.2 and 9.3)

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## **What Weight Is Right for You?**

A person's weight is determined by various factors, including:

- Heredity -

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- Level of Activity-

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- Body Composition-

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## Body Mass Index

- **Body mass index (BMI)** is a ratio of your weight to your height.

$$\text{BMI} = \left( \frac{\text{Weight (in pounds)}}{[\text{Height (in inches)}]^2} \right) \times 703$$

- Follow these steps to calculate your BMI.
  1. Multiply your height (in inches) by your height (in inches).
  2. Divide your weight (in pounds) by the number from Step 1.
  3. Multiply the number from Step 2 by 703.

### *Overweight vs. Obesity*

Overweight is

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## Obesity is

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Two reasons why obesity a growing problem today?

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Health risks associated with being overweight:

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Underweight is a term used to describe a person who is lighter than the standard for the person's height.



# Dangerous Diet Plans

- **Fad Diets** A **fad diet** is a popular diet that may help a person lose or gain weight but without proper regard for nutrition and other health issues.
- **Diet Aids** Diet aids include pills and candies that are supposed to suppress appetite.
- **Fasting** Some people fast, or refrain from eating.