

CHAPTER 2

TOOLS FOR DESIGNING A HEALTHY DIET

OVERVIEW

This chapter explores components of healthy diet plans – those that will minimize risks of developing nutrition-related diseases. Five aspects of a healthful diet including balance, variety, moderation, nutrient density and energy density are discussed. An overview of nutritional status and its assessment is provided. Tools for planning and evaluating dietary intake are discussed including the Daily Food Guide Pyramid, Dietary Guidelines for Americans for 2000, Nutrient standards and food labels.