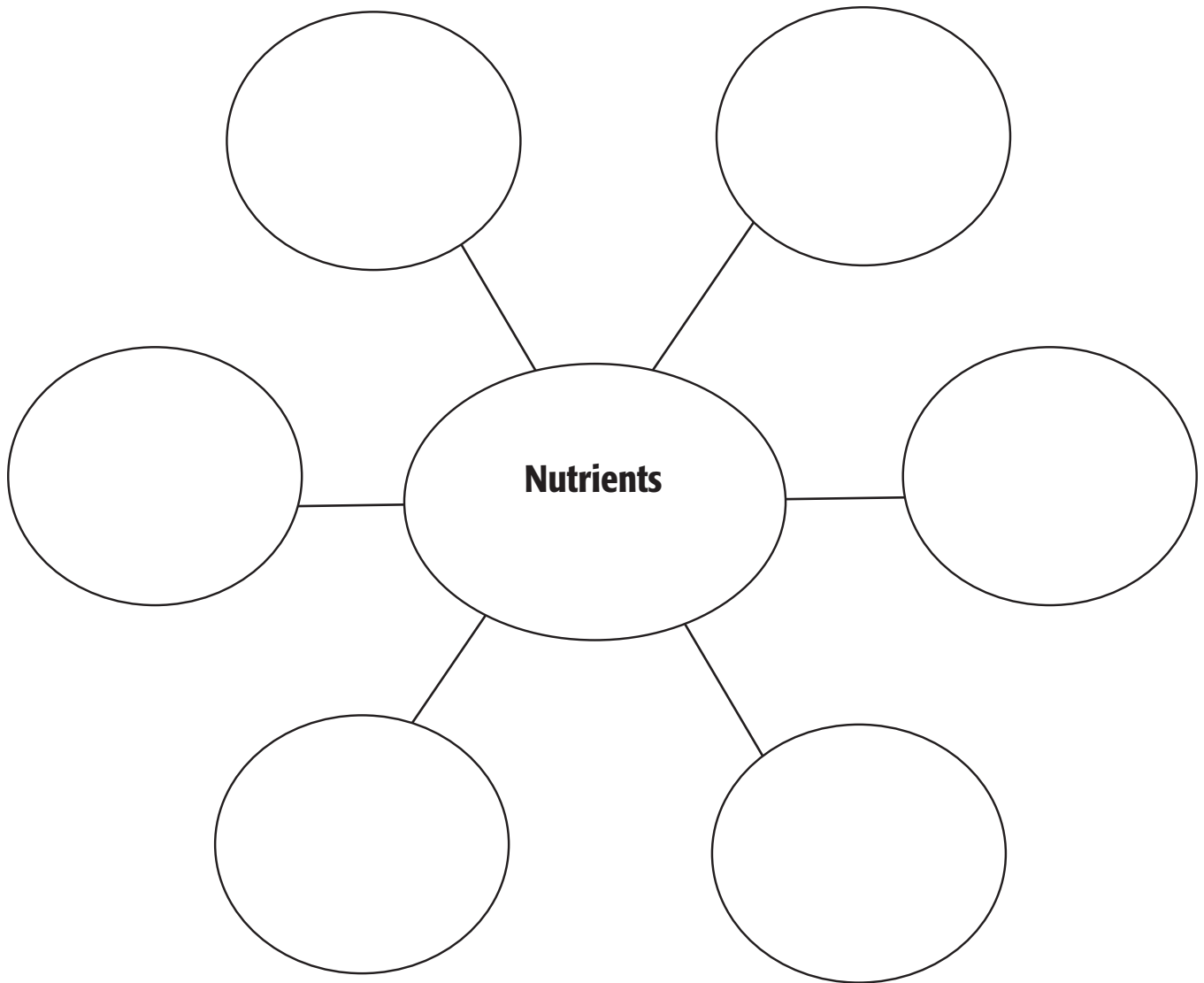


# Chapter 19 Nutrition and Wellness

## Section 19.1 Nutrients for Health

**Directions:** Write down the six nutrients found in food.



# Chapter 19 Nutrition and Wellness

## Section 19.2 **Healthful Eating**

**Directions:** Write down eight topics from the Dietary Guidelines.

Dietary Guidelines	
1.	5.
2.	6.
3.	7.
4.	8.