

Discovering Life Skills

Chapter 19: Nutrition and Wellness

Chapter Summary

You can have an appetite without being hungry. Eating a diet low in fat and cholesterol can lower your risk for obesity and heart disease. Proteins are needed to build, maintain, and repair your body. Carbohydrates provide energy. Fats provide energy, keep skin smooth, and help your nervous system work. Vitamins, minerals, and water help regulate your body functions. All contribute to your good health.

MyPyramid and the Dietary Guidelines help promote a balanced diet. A person who is at a healthy weight is not overweight or underweight. Eating the right foods can help you live a long and healthy life. Vegetables, fruits, and grains are an essential part of a varied and healthful diet. Empty-calories snacks and desserts should be limited. When you dine out, choose your meals carefully.