

CHAPTER SUMMARY

Section 27.1

Nutrition and Food Choices

Nutrient needs vary through the life span. Food meets physical, emotional, and social needs. The Dietary Guidelines for Americans and MyPyramid offer recommendations and guidelines for better health through nutrition and physical activity.

Section 27.2

Meal Planning

Consider your resources as you plan meals. Recipe sources include cookbooks, newspapers and magazines, the Internet, and family and friends. Select healthful meals and snacks when dining out. Some people have special food requirements.