

DIETARY REFERENCE

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| 1. guidelines for adequate intake of a nutrient | A. fibrous and low glycemic |
| 2. average daily nutrient intake level to meet requirements of healthy individuals | B. 4-6 |
| 3. highest daily intake level likely to pose no risk to health | C. Dietary Reference Intakes |
| 4. recommended daily nutrient intake level adequate for healthy individuals | D. 10 |
| 5. for fat loss, eat less than this percent from saturated fat | E. 10 |
| 6. eating this amount of meals a day encourages fat loss | F. Tolerable Upper Intake |
| 7. drinking at least this many cups of water a day helps promote fat loss | G. Adequate Intake |
| 8. if you take a persons caloric intake below this amount of calories a day, a physicians supervision is required | H. 1200 |
| 9. eating lots of carbs and fats, spreading protein intake thoroughout day and eating 4-6 meals will help gain | I. Recommended Dietary Allowance |
| 10. when selecting carbs to eat, these sources are number one choice | J. weight loss or gain |
| 11. total calories taken in and burned in a 24 hr period dictates | K. lean muscle mass |