General Nutrition for 200

These three nutrients provide energy in the form of Calories.
General Nutrition for 400

How many Calories are in a portion of food that contains:
18g protein
10g fat
4g carbohydrate

General Nutrition for 600

This type of fat should be completely avoided in your diet.
General Nutrition for 800

For obtaining weight specific goals, an increase or decrease of this many calories per day is most optimal.

General Nutrition for 1000

A food label is required to list all of the following below, except:
- Total Fat
- Saturated Fat
- Unsaturated Fat
- Trans Fat
General Nutrition
200 - Answer

What is:
1. Carbohydrate
2. Protein
3. Fat

General Nutrition
400 - Answer

What is 178 calories
General Nutrition  
600 - Answer

What is Trans fat

General Nutrition  
800 - Answer

What is 300-500 Calories per day
What is Unsaturated Fat

Throughout the day, ensure you make half your grains _____.
Nutrition Truths for 400

We often refer to low calorie, high nutrient value foods as Nutrient Dense options. A food that provides the opposite, a lot of calories with little nutritional value, would be referred to as this.

Nutrition Truths for 600

Two thirds of the American population is considered this.
Nutrition Truths for 800

Energy drinks rarely provide real energy. Instead, they are loaded with a variety of ingredients that may cause adverse side effects. A better name for energy drinks would be this.

Nutrition Truths for 1000

This condition can cause fatigue, headaches, and decrease overall performance.
Nutrition Truths 200 - Answer

What is Whole

Nutrition Truths 400 - Answer

What is Energy Dense
Nutrition Truths
600 - Answer

What is Overweight

Nutrition Truths
800 - Answer

What are Stimulant Drinks
Nutrition Truths 1000 - Answer

What is Dehydration

Nutrition Resources for 200

This initiative is aimed at improving and informing the military members overall awareness regarding dietary supplements.
Nutrition Resources for 400

This online resource provides a supertracker for individuals to monitor their daily caloric intake.

Nutrition Resources for 600

This program provides an entire fitness package for sailors to utilize, including exercise routines and a complete nutrition component.
Nutrition Resources for 800

This color coding system within the galleys is aimed at improving the awareness of food selection by using criteria to label foods either Red, Yellow, or Green.

Nutrition Resources for 1000

This Navy website provides a wealth of nutrition resources, and includes a direct link for you to locate the closest Registered Dietitian near your installation.
Nutrition Resources 200 - Answer

What is OPSS (Operation Supplement Safety)

Nutrition Resources 400 - Answer

What is www.choosemyplate.gov
Nutrition Resources
600 - Answer

What is Navy Operational Fitness & Fueling Series (NOFFS)

Nutrition Resources
800 - Answer

What is Go4Green (previously known as “Galley Go Green”)
Nutrition Resources
1000 - Answer

What is the Navy Personnel Command (NPC), found within Navy Physical Readiness Program


Serving Sizes & Portion Control for 200

One serving of oil or fat such as peanut butter can best be visualized by:

4 stacked dice
1 tennis ball
Tip of thumb
Clenched fist
Serving Sizes & Portion Control for 400
The picture below represents a proper portion size of this and how much does it represent.

Serving Sizes & Portion Control for 600
The image of the food item below contains this many calories.
Serving Sizes & Portion Control for 800

2 peanut butter sandwiches on whole wheat bread provides this many servings of whole grains?

Serving Sizes & Portion Control for 1000

A Big Mac Value Meal (Medium regular coke & medium fries) provides ~ how many calories (must be within 200)
Serving Sizes & Portion Control
200 - Answer

What is tip of thumb

Serving Sizes & Portion Control
400 - Answer

What is 3-4oz of Meat
Serving Sizes & Portion Control
600 - Answer

What is 200

Serving Sizes & Portion Control
800 - Answer

What is 4 servings of whole grains
Serving Sizes & Portion Control
1000 - Answer

What is 1100 Calories

Final Jeopardy

CATEGORY

Food Labels
Final Jeopardy

If you had 3 servings of this food item, what % of calories would be coming only from Saturated fat?

Nutrition Facts

You have 1 minute to consult...

Final Jeopardy

You have 30 seconds to consult...
Final Jeopardy

You have 15 seconds to consult...

Final Jeopardy

What is 17.4%

Time Is Up
Final Jeopardy - Answer

# servings does not change this %
Try it both ways
1 Serving: 3g x 9(Cals)=27 Calories from saturated fat
   27/155=17.4%

3 Servings: 9g x 9= 81 calories from Sat fat
   81/465=17.4%

Jeopardy

Thank you for playing another fine round of America’s favorite question and answer game.