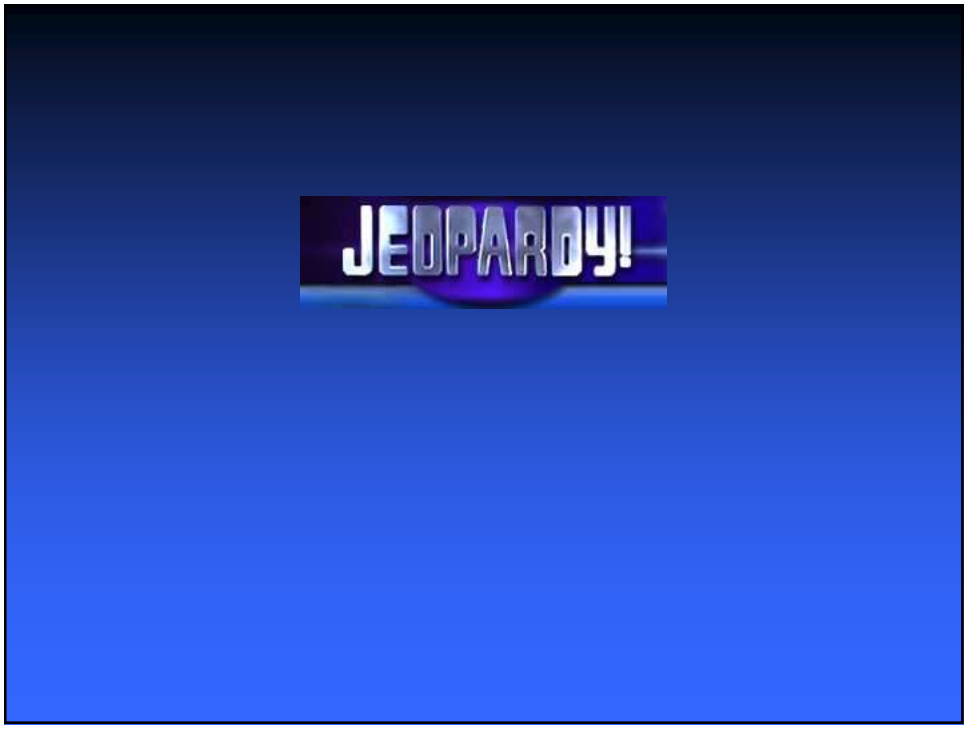

General Nutrition	Nutrition Truths	Nutrition Resources	Serving Sizes & Portion Control
200	200	200	200
400	400	400	400
600	600	600	600
800	800	800	800
1000	1000	1000	1000

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400	400	400	400
600	600	600	600
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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

General Nutrition
1000 - Answer

What is Unsaturated Fat

Nutrition Truths for 200

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.

Daily Double

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

http://www.public.navy.mil/bupers-npc/support/21st_century_sailor/physical/Pages/default2.aspx

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

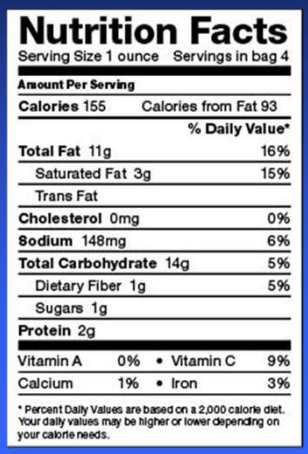
Final Jeopardy

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

Serving Size 1 ounce Servings in bag 4

Amount Per Serving

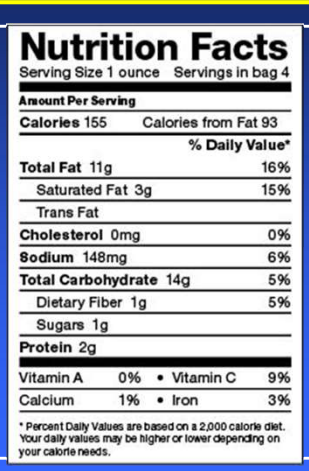
Calories 155	Calories from Fat 93
	% Daily Value*
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

You have 1 minute to consult…

Final Jeopardy



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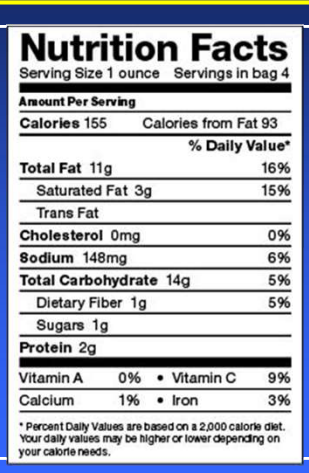
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

You have 30 seconds to consult…

Final Jeopardy



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Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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.