

## **Personal Health Assessment Summary II: Nutrition**

Some of the answers will be found in your text book, some can be found at <http://www.dietitians.ca> ( the Canadian Dietitians Association, ) or other reliable websites. Please reference your sources!

### **Part 1**

Can you identify foods from the food groups?

Food Group	Give <u>three</u> examples of foods from <u>each</u> of the following food groups? (Whether you eat them or not!)	Recommended # of servings per day
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all

Saturated fat:

Unsaturated fats:

Omega 3 fats:

Trans fats:





