

We are What We Eat – Connecting Food and Health Notes (Key)

Complete the types of diet-related illnesses for each category and the Dietary Guidelines for Americans tips.

Eating Disorders	Food Allergies	Chronic Disorders	Dietary Guidelines for Americans
<ul style="list-style-type: none">• Anorexia Nervosa• Bulimia Nervosa• Binge-Eating Disorder	<ul style="list-style-type: none">• Peanuts• Shellfish• Tree nuts• Fish• Eggs• Soybeans• Wheat• Milk	<ul style="list-style-type: none">• Anemia• Diabetes• Coronary heart disease• Goiter• High blood pressure• High cholesterol• Osteoporosis• Rickets	<ul style="list-style-type: none">• Build a healthy plate• Cut back on foods high in solid fats, added sugars and salt• Eat the right amount of calories for you• Be physically active your way

What can you do to avoid diet-related illnesses? _____
