The questions listed in this study guide will help guide you through important concepts from **Chapter 18** of Human Nutrition. Read each corresponding section of Chapter 18 in the textbook, then answer the questions below.

I. **Comparing Diets**

- What is the difference between health and wellness?

Health is merely the absence of illness and wellness is a state of optimal well-being that enables an individual to maximize their potential.

- How have dietary food trends changed over time?

Hundreds of years ago food was less accessible and daily life required much more physical activity and had to worry less about obesity. However, today people have to worry about obesity more due to all the processed foods and the physical activity is a lot less.

- What are functional foods?

A food that has health promoting qualities beyond nutritional functions.

Use the table below to describe and give examples of each type of functional food.

Functional Food	Definition	Examples
Conventional Food	The simplest form of functional foods. They are whole foods that have not been modified.	Whole fruits and vegetables
Modified Food	These foods have been fortified, enriched, or enhanced with additional nutrients or bioactive compounds.	Calcium-fortified orange juice
Medical Food	These foods are designed for enteric administration under the guidance of a medical professional. They are created to meet vert specific nutritional requirements.	Liquid formula for people with kidney dieases
Special Dietary Use Food	Address special dietary needs and meet the nutritional requirements of certain health conditions.	Bottled oral supplement

Guide To Good Food Chapter 18 Study Guide

Daniela Niemeyer

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