NESTA FITNESS NUTRITION COACH II|| PART II -UNDERSTANDING COMPONENTS OF NUTRITION|| QUESTIONS| WITH COMPLETE SOLUTIONS

Food Pyramid correct answer: GRAINS VEGETABLES FRUITS MILK MEAT & BEANS OILS

Grains correct answer: Use Whole grains
Eat at least 3 oz of whole grain cereals, breads, pasta daily
1 oz is about 1 slice bread, 1 C cereal, 1/2 C cooked rice or cereal
2.000 Cal diet: 6 oz daily

Vegetables correct answer: Vary
Eat more dark green: broccoli, spinach & dark leafy
Eat more orange: carrots, sweet potatoes
Eat more dry beans & peas: pinto, kidney, lentils
2,000 Cal diet: 2 1/2 C daily

Fruits correct answer: Eat variety Choose fresh, froze, canned, or dried Go easy on juices 2,000 cal diet: 2 C daily

Milk correct answer: Calcium rich foods Go low-fat or fat free: milk, yogurt, & milk products Choose lactose free or calcium rich food & bev if can't drink milk 2.000 Cal diet: 3 C daily

Meat & Beans correct answer: Go lean with protein Choose low-fat or lean cuts Bake, broil & grill Vary from fish, beans, peas, nuts & seeds 2,000 Cal diet: 5 1/2 oz daily

Balance between Food & PA correct answer: Stay within daily calorie needs Be PA for at least 30 min most days of week 60 min a day of PA may be needed to prevent weight gain For weight loss: 60-90 min PA Children & teens: 60 min PA on most days

Know limits on fats, sugar & salt correct answer: Make most of fat sources: fish, nuts & veg oil

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Whispering the Secrets of Language: An Emotional Journey through Nesta Exam Questions Fitness Nutrition Coach

In a digitally-driven earth where monitors reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words frequently get unheard. However, located within the pages of **Nesta Exam Questions Fitness Nutrition Coach** a captivating literary value blinking with fresh emotions, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the emotional depths of the emotional evaluation, we shall embark upon a sincere exploration of the book is core subjects, dissect its fascinating writing design, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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