

## **CHAPTER 2**

### **TOOLS FOR DESIGNING A HEALTHY DIET**

#### **KEY TERMS**

Adequate intake	Dietary guidelines for Americans	Nutritional state
Anthropometric assessment	Energy density	Overnutrition
Biochemical assessment	Economic assessment	Phytochemical
Clinical assessment	Heart attack	Recommended dietary allowance
Cholesterol	Malnutrition	Subclinical
Daily value	Minimum requirement for health	Symptom
Dietary assessment	Nutrient density	Undernutrition
Dietary reference intake		Upper level