

Adventures in Food and Nutrition! © 2012
Chapter 3: Your Nutrition Toolbox—Glossary

acesulfame K. A type of sugar substitute sold in the United States.

aspartame. A type of sugar substitute sold in the United States.

Dietary Guidelines for Americans. A set of recommendations that can help you choose a nutritious diet.

discretionary calories. The calories left after meeting your nutrient needs with nutrient-dense foods.

empty-calorie foods. Foods that provide small amounts of vitamins and minerals per calorie.

fat substitute. A product that makes foods moist and creamy without adding fat.

MyPlate. A tool that displays key parts of a nutritious diet.

nutrient-dense foods. Foods that provide a large amount of vitamins and minerals compared to the calories.

saccharin. A type of sugar substitute sold in the United States.

salt substitute. A product that contains the mineral potassium instead of sodium; used to help people reduce their sodium intake.

sucralose. A type of sugar substitute sold in the United States.

sugar substitute. A product that sweetens foods without adding calories.