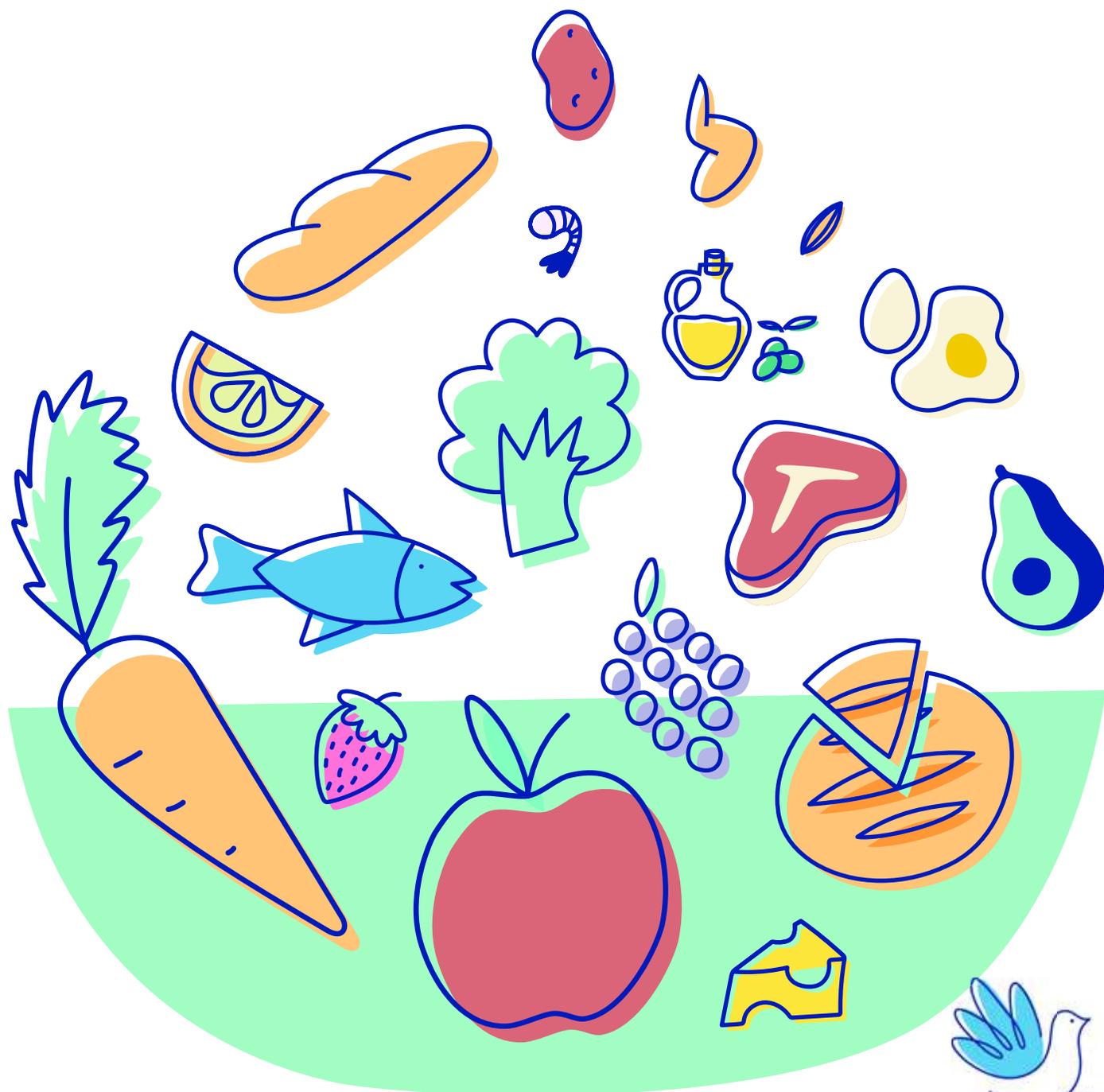


# NUTRITION



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## Section 1: Overview

We need food every day. It is not only a great source of energy for us, but food also provides a way for us to take in important nutrients that help keep our body regulated and growing. Because of this, we want to make sure that the foods we put in our body are the best fuel.

Eating a healthy, balanced diet is very important to life, but especially for children and adolescents. The foods that we eat matter because that is what is used to help us grow, build muscle, and feel our best.

It is important to know what is in your food. Understanding the label helps you make healthy choices.

## Section 2: Balanced Meal

Look for a “rainbow” of food.



Differently colored fresh foods can generally indicate a varied set of nutrients both macro and micro.

$\frac{1}{2}$  FRUITS & VEGETABLES

$\frac{1}{4}$  CARBS

$\frac{1}{4}$  PROTEINS



## DID YOU KNOW?

Eating healthy can prevent health conditions such as High blood pressure, Heart disease, Diabetes, Cancer, Osteoporosis, Iron deficiency, Dental cavities.

### COLORFUL MEALS

Include yummy fruits and veggies with each meal.

#### Breakfast



#### Lunch



#### Dinner



## Section 3: Nutrients

We eat to take in any nutrients that our body can't produce on its own. Nutrients help with regulating, growing, and recovering our body. There are 6 Essential Nutrients which can be broken down into 2 categories:

### MICRONUTRIENTS

Micronutrients are vital to healthy development, disease prevention, and wellbeing. **Vitamins** and **minerals** are Micronutrients.

### MACRONUTRIENTS

Macronutrients are the primary building blocks and provide energy to the body. **Carbs, protein, fat,** and **water** are Macronutrients.

### Minerals:

They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated.

They help nerve signal transmission, maintaining healthy blood pressure, and muscle contraction and relaxation.

Calcium, Iron and Zinc are 3 of the most common.

Iron supports your red blood cells and hormone creation, while zinc boosts your immune system and wound healing.

### MAJOR SOURCE

Major source minerals are used and stored in large amounts in the body to help your body run.



#### Potassium

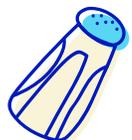
Meat, milk, vegetables, fruits, grains, legumes, peas, mushrooms

#### Calcium

Yogurt, cheese, milk, salmon, tofu, breads, leafy green vegetables

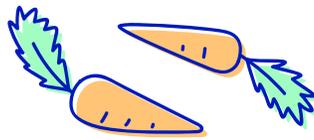
#### Magnesium

Spinach, seeds, broccoli, legumes, whole wheat bread



#### Chloride

Salt, seaweed



#### Sodium

Salt, beets, spinach, celery, carrots

### 6 Essential Nutrients

(that we need in our daily diet)

- Carbohydrates
- Protein
- Fat
- Water
- Vitamins
- Minerals

### TRACE SOURCE

Trace source minerals are minerals that you only need a small amount of to help your body run.

#### Chromium

Meat, poultry, fish, nuts, cheese

#### Manganese

Nuts, legumes, whole grains, tea, pineapple, brown rice

#### Iron

Red meat, poultry, eggs, fruits, vegetables, fortified bread

#### Iodine

Iodized salt, seaweed, dairy, shrimp, eggs

#### Selenium

Seafood, walnuts, breads, grains, meat, poultry, and eggs

#### Copper

Products, nuts, beans, shellfish, prunes, seeds, whole-grain

#### Zinc

Meat, shellfish, legumes, whole grains, seeds, nuts

#### Flouride

Fish, teas, celery, tomatoes, lettuce

## 2 Vitamins:

Vitamins are vital for warding off disease and staying healthy. They are essential for healthy vision, skin, and bones. There are 13 essential vitamins that the body needs.

If you eat a varied, well-balanced diet full of vegetables and fruits, and have a normal and healthy functioning digestive tract, you likely don't need to take vitamin supplements.

### HEALTHY SOURCE VITAMINS



#### B-1

Ham, soymilk, watermelon, acorn squash



#### B-2

Milk, yogurt, cheese, whole grains, enriched cereals



#### B-3

Meat, poultry, fish, fortified and whole grains, mushrooms, potatoes



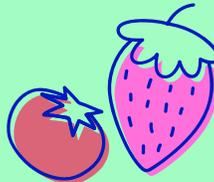
#### B-9

Fortified grains, asparagus, spinach, broccoli, chickpeas, orange juice



#### B-12

Meat, poultry, fish, milk, cheese, fortified soymilk and cereals



#### Vitamin C

Citrus fruit, broccoli, potatoes, spinach, strawberries, tomatoes



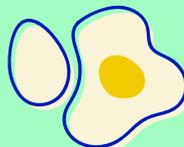
#### B-5

Chicken, whole grains, broccoli, avocados, mushrooms



#### B-6

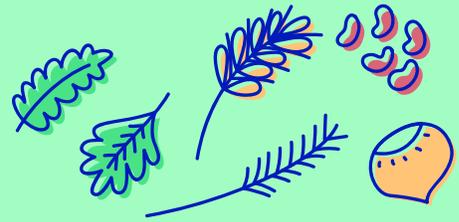
Meat, fish, poultry, legumes, tofu, soy products, bananas



#### B-7

Whole grains, eggs, soybeans, fish

### FAT SOLUBLE VITAMINS



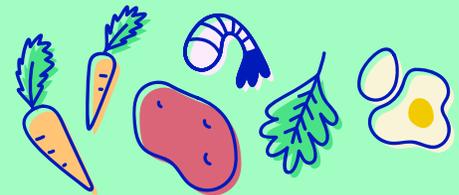
#### Vitamin E

Vegetable oils, leafy green vegetables, whole grains, nuts



#### Vitamin K

Meat, fish, poultry, legumes, tofu and other soy products, bananas



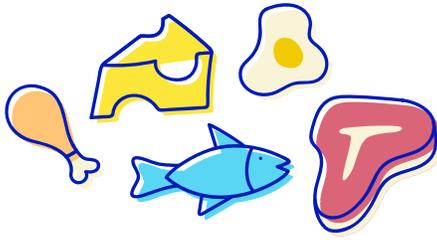
#### Vitamin A

Beef, liver, eggs, shrimp, fish, sweet potatoes, carrots, spinach, mangoes



#### Vitamin D

Fortified milk, cereals, fatty fish, Beef liver



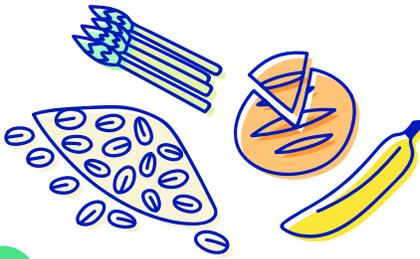
### 3 Protein

Protein provides the building blocks of the body, and not just for muscle.

Almost 20% of a person's body weight is from protein. Protein is used primarily for growth, health, and body maintenance.

All of your hormones, antibodies, and other important substances are composed of protein. Protein is not used to fuel the body unless necessary.

*Protein should make up 25% to 35% of your total daily calories.*



### 4 Carbs

Carbohydrates fuel your body, especially your central nervous system and brain, and protect against disease.

The type of carb you eat matters! Some carbs are healthier than others. Try whole grains, beans, and fiber-rich vegetables and fruits instead of white bread or pasta.

*Carbohydrates should make up 30% to 50% of your total daily calories.*



### 5 Fats

Fats often get a bad rap, but recent research has shown that healthy fats are an important part of a healthy diet.

Including healthy fats in your diet can help you to balance your blood sugar, decrease your risk of heart disease and type 2 diabetes, and improve your brain function. They also support many of your body's functions such as micronutrient absorption, building cells, and muscle movement.

*Fats should make up 25% to 35% of your total daily calories.*

## USE THIS TABLE TO PLAN YOUR MEALS!

Choose 1 food from each column to see how you can make a fun, tasty, healthy meal.

### PROTEIN



eggs and egg whites



chicken



fish

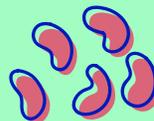


shellfish

### CARBS



oats



beans and lentils



brown and wild rice

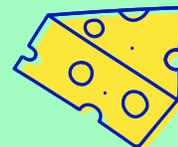
### FATS



avocado and avocado oil



cashews



cheese aged > 6 months

## 6 WATER

Water improves your brain function and mood. It acts as a shock absorber and a lubricant in the body. It also helps flush out toxins, carry nutrients to cells, hydrate the body, and prevent constipation.



The best way to know if you're properly hydrated is the color and volume of your urine. If your urine isn't frequent and pale yellow or nearly clear, you need more water.

Water is absolutely crucial for every system in your body. Even mild dehydration can make you feel tired and impair your concentration and physical performance.



**62%** of your body weight is water.

You can go for weeks without food, but you can't last more than a few days without water. It's also the main thing you are made of.

### DID YOU KNOW?

You don't have to chug water to stay hydrated. Fruits and vegetables can also be a great source.



## Section 4: Nutrition Facts

Now that you know the 6 essential nutrients you need in your daily diet, you will know what to look for on The Nutrition Facts Label. These labels are found on packaged foods and beverages and has all the information you need to make healthy choices throughout your day. You can use it to compare and choose your foods! Understanding the label makes healthy choices easier.

**When reading the label, look at the:**

- Serving Size
- Calorie Count
- % Daily Value (%DV)
- Ingredient List

### Ingredients List

The Ingredient List shows each ingredient in a food by its common or usual name. Ingredients are listed in descending order by weight, so the ingredient that weighs the most in the product is listed first, and the ingredient that weighs the least is listed last.

### Meal Preparation Tips

- Baking, broiling, grilling, or steaming do not add extra calories.
- Trim or drain fat from meats before or after cooking and remove poultry skin before eating.
- Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter and shortening).
- Prepare your own food when you can and limit packaged sauces and flavored products (such as rice and pasta mixes).
- Limit the amount of salt and sugar you add when cooking, baking, or eating.
- Flavor foods with herbs and spices and no-salt seasoning instead of salt.
- Rinse sodium-containing canned foods, such as tuna, vegetables, and beans before eating.

## 1 Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!

## 2 Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.

Everyone’s calorie needs are different and depend on age, sex, height, weight, and physical activity level.

### TIPS:

- 100 calories per serving of an individual food is considered a moderate amount
- 400 calories or more per serving of an individual food is considered high in calories

## 3 Choose Nutrients Wisely

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see if a serving of the food is high or low in an individual nutrient.



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240ma	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Choose foods that are **LOW** in nutrients like saturated fat, trans fat, sodium, and added sugars.



Choose foods that are **HIGH** in nutrients like dietary fiber, vitamin D, calcium, iron, and potassium.

### TIPS:

- **5% DV or less** of a nutrient per serving is considered low.
- **20% DV or more** of a nutrient per serving is considered high.