Outline

Nutrition Defined

Healthy Eating

Nutrient Density

Label Reading

Nutrition Defined

Nutrition: Sum total of processes involved in intake and utilization of food substances by living organisms, including ingestion, digestion, absorption, transport, and metabolism of nutrients in food

Or what we eat and how we use it.

What is a nutrient?

Major functions of nutrients in food

Do we eat right?

As a nation, we eat

Too many Calories

Too much added sugars

Too much solid fats

Too much refined grains

Too much sodium

Too few fruits and vegetables

Too few fiber-rich foods

Too little low fat dairy

Too little seafood

The Prudent Healthy Diet

Balance food with physical activity

Eat a wide variety of nutrient-rich foods - MyPlate.

 Moderate in total fat, but low in sat, *trans* and cholesterol.

Plenty of plants: fruits, vegetables, whole grains, and legumes.

Choose beverages and foods that moderate or reduce your intake of added sugars.

Use less salt and sodium.

Drink ETOH in moderation, if at all.

Eat moderate but adequate protein: plant sources, smaller amounts of fish, skinless poultry and lean meat.

Adequate calcium and iron.

Keep food safe.

Avoid highly processed foods.

 Enjoy your food. **Eat what you like** but balance it within your overall healthful diet.

The Prudent Healthy Diet

Balance food with physical activity

Eat a wide variety of nutrient-rich foods in their natural form- MyPlate.

Moderate in total fat, but low in sat, transand cholesterol.

Plant-rich: vegetables, fruit, legumes, whole-grains.

Choose beverages and foods that reduce added sugars.

Use less salt and sodium.

Eat moderate but adequate protein: plant sources, smaller amounts of fish, skinless poultry and lean meat.

Adequate calcium and iron.

Keep food safe.

Benefits & risks of additives and supps.

Drink ETOH in moderation, if at all.

 Enjoy your food. **Eat what you like** but balance it within your overall healthful diet.

Essential Nutrients - 6 classes  Macronutrients

**CHO**

Fiber

Sugar & starches

**Fats**

Omega 6

Omega 3

**Water**

**Protein**

Histidine

Isoleucine

Leucine

Lysine

Methionine

Phenylalanine

Threonine

Tryptophan

Valine

Micronutrients: Vits & Mins Vitamins (13)

Water Soluble

Thiamine (B1)

Riboflavin (B2)

Niacin

Pyridoxine (B6)

Folic Acid

Cyanocobalamin (B12)

Biotin

Choline

Vitamin C

Fat Soluble

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Minerals (15+)

Calcium

Chloride

Magnesium

Phosphorus

Potassium

Sodium

Sulfur

Chromium

Copper

Iodine

Iron

Manganese

Selenium

Zinc

& more

Recommended Nutrient Intakes

Dietary Reference Intakes (DRIs)

The Balanced Diet

Concept

A balanced diet will provide the required amounts of essential nutrients

The balanced diet

Variety

Adequacy

Proportionality

Food choices based on **nutrient density**

Foods that contain a significant amount of nutrients compared to calories

6 oz tuna vs. 6 strips of bacon

220 calories

Food Exchange Groups: p. 454

Figure 2.3