Nutrition Principles for a Lifetime of Wellness
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Wellness

• Good health
• Positive well-being
• Includes physical, mental, and emotional health
• Reflected in attitude and behavior
Nutrients

• Keep our body healthy
• Include:
  – Water
  – Vitamins
    • Water-soluble vitamins
    • Fat-soluble vitamins
  – Carbohydrates
  – Proteins
  – Minerals
  – Fats
Water

- Essential to the body
- Carries nutrients to the body cells
- Carries waste products away
- Lubricates joints
- Helps regulate body temperature and body processes
Water-Soluble Vitamins

- Dissolve in water and pass easily into the bloodstream during digestion
- Vitamin C (ascorbic acid)
- Thiamin (vitamin B1)
- Riboflavin (vitamin B2)
- Niacin (vitamin B3)
- Vitamin B6 (pyridoxine)
- Folate (folacin, folic acid, vitamin B9)
- Vitamin B12 (cobalamin)
- Pantothenic acid (vitamin B5)
- Biotin (vitamin H)
Fat-Soluble Vitamins

- Are absorbed and transported by fat
  - Vitamin A
  - Vitamin E
  - Vitamin D
  - Vitamin K
Carbohydrates

• The body’s main source of energy
• Found mostly in plant foods
  – Fruits
  – Vegetables
  – Grain products
  – Dry beans
  – Nuts and seeds
• Sugars: Simple Carbohydrates
• Starches: Complex Carbohydrates
• Dietary Fiber
Proteins

• Help body grow and repair itself
• Found in animal products
  – Meat
  – Poultry
  – Fish
  – Eggs
  – Dairy products
  – Plant foods
  • Dry beans and peas
  • Nuts
  • Vegetables
  • Grain products
Minerals and Electrolytes

- Part of the body in bones in teeth
- **Major Minerals**
  - Calcium
  - Phosphorus
  - Magnesium
- **Electrolytes**
  - Sodium
  - Chloride
  - Potassium
- **Trace Minerals**
  - Iron
  - Zinc
  - Copper
  - Iodine
  - Selenium
  - Fluoride
Fats

- Provides energy
- Gives food flavor and texture
- Saturated Fat
- Unsaturated Fat
- Trans Fat
Effects of Good Nutrition

- Appearance
- Fitness
- Weight
- Protection from illness
- Healing
- Emotional strength
- Future health
Recommended Dietary guidelines 2010

• Build a healthy plate
• Cut back on foods high in solid fats, added sugars, and salt
• Eat the right amount of calories for you
• Be physically active your way

Let’s eat for the health of it

Start by choosing one or more tips to help you:

Build a healthy plate
Cut back on foods high in solid fats, added sugars, and salt
Eat the right amount of calories for you
Be physically active your way
References and Resources

Textbooks:

Websites:
Introducing the New Food Icon: MyPlate

The Department of Agriculture introduces the new food icon, MyPlate, to replace the MyPyramid image as the government's primary food group symbol. An easy-to-understand visual cue to help consumers adopt healthy eating habits, MyPlate is consistent with the 2010 Dietary Guidelines for Americans.

http://youtu.be/SEFmSk08L4E

SuperTracker - Getting Started: How to get My Plan

Learn how to get a plan using SuperTracker, an online tool where you can get a personalized nutrition and activity plan, track your foods and activities to see how they stack up, and get tips and support to help you make healthier choices.

http://youtu.be/MuKCD0skgb8