



NUTRITION

(PE.7.L.4.2)

OBJECTIVES

WHAT WILL YOU LEARN?

At the end of this lesson, you will be able to

- 01 Classify food nutrients.
- 02 Interpret the USDA MyPlate food icon.
- 03 Examine a food label.



NUTRIENTS

Nutrients allow your body to make energy for fuel, build muscles and other body tissues, and keep the body working properly.

CARBOHYDRATES



FATS



PROTEINS



CARBOHYDRATES

Fruits

Fruits contain many essential nutrients that are often under-consumed including vitamins A and C and potassium.

Most fruits are also a good source of fiber and are low in fat, sodium and calories.

One serving of fruit is equal to:

- 1 cup of fresh fruit
- 1 cup 100% fruit juice
- ½ cup dried fruit



CARBOHYDRATES

Vegetables

There are five subgroups of the vegetable food group that are divided based on their nutrient content.

1. Dark green vegetables (broccoli and spinach),
2. Red and orange vegetables (tomatoes and carrots),
3. Starchy vegetables (potatoes and corn),
4. Beans and peas (kidney beans and green peas) and
5. Other vegetables (cauliflower, cucumbers, & mushrooms).

Try to get at least 2 ½ to 3 cups of vegetables each day.



CARBOHYDRATES

Grains

The grains group can be split into two subgroups: whole grains and refined grains.

Whole-grain foods contain all three parts of the kernel. Refined grains are made by removing the nutrient-rich bran and the germ of the grain kernel, leaving only the endosperm.

Whole-grain products have much more fiber than products made from white or refined flour. Fiber is important for healthy digestion and helps keep the heart healthy. Fiber also makes us feel full.

Make at least 1/2 your grains 100% whole-grain!

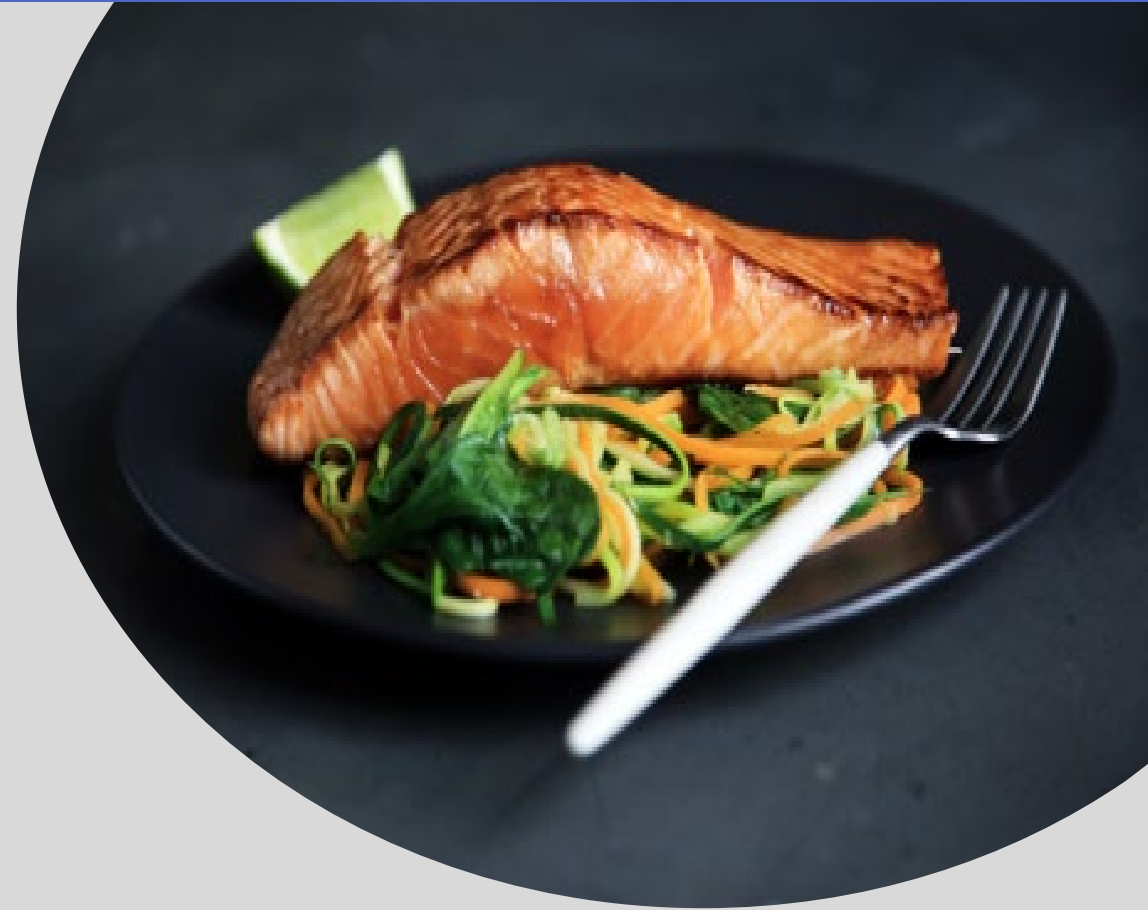


FATS

Unsaturated Fats

You need some fats every day for energy and protection of your organs!

The best fats come from unsaturated fats, which contain important nutrients that are good for the heart. These are found in avocados, nuts, fish and vegetable and plant oils.



Saturated Fats

Saturated fats are a type of fat that come mainly from animal sources such as meat and dairy foods.

You can tell if a fat is saturated if it is a solid at room temperature, like butter.

Saturated fats should be eaten less often.





FATS

Trans Fats

Trans fats can be found in fried foods like French fries and baked goods like cookies, cakes and pies.

These fats are bad for the body and should be avoided.



PROTEINS

Animal & Plant Proteins

Protein foods include both animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts and seeds) sources.

Proteins from both animal and plant sources serve as building blocks for the body and are a good source of the B vitamins, iron, zinc and magnesium.

Most people, ages 9 and older, should eat 5-7 ounces of protein foods each day.



PROTEINS

Dairy

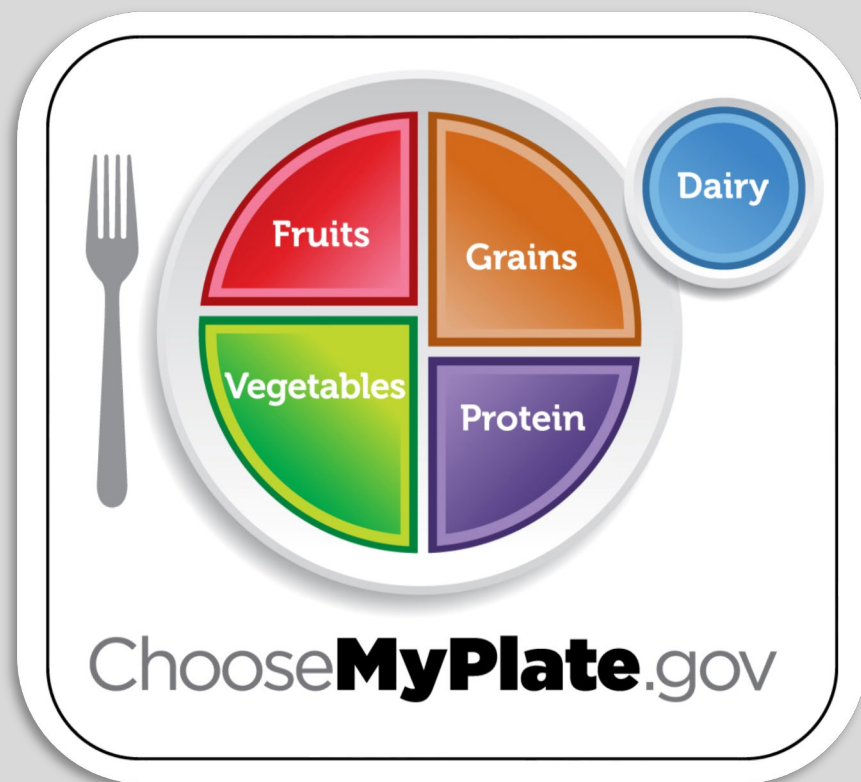
Dairy foods provide many important nutrients that are key parts of a healthy diet, such as protein, calcium, potassium and magnesium.

Dairy foods include milk, cheese and yogurt.



How to Use MyPlate

MyPlate illustrates how the food groups can be used to create a healthy diet.



FRUITS & VEGETABLES

Make half your plate fruits and vegetables. Focus on whole fruits and vary your vegetables.

GRAINS

At least half of all the grains eaten should be whole grains.

PROTEIN

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

DAIRY

All fluid milk products and many foods made from milk are considered part of this food group.

NUTRION LABEL

Nutrition Facts

The Nutrition Facts Label can help you learn about the nutrient content of many foods in your diet.

It also enables you to compare foods to make healthy choices.

Nutrition Facts

2 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 6mg **35%**

Potassium 240mg **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.

Conclusion

Create Your Own Food Plan

Now that you know how to classify food nutrients, interpret the MyPlate food icon and examine a food label, you can create your own food plan.

