

## Nutrition Study Guide

### Definitions:

Calorie: units of heat that measure the energy available in foods.

Constipation: delayed or infrequent passage of feces.

Osteoporosis: decrease in bone mass usually in older women. Bones become porous and fragile.

Sedentary: not getting 30-45 min of cardiovascular exercise at least three times a week.

Food Groups: There are six main food groups.

**Grains-** Bread, Pasta, Cereal, Rice

In general people do not consume enough whole grains. (Ex. Too many people eat white bread which is a refined grain then wheat bread which is a whole grain.)

Did you know? Consuming grains reduces the risk of heart disease and constipation.

**Vegetables-** Broccoli, Corn, Carrots     **Fruits-** Apples, Oranges, Raisins

Consuming fruits and vegetables reduces the chance of diabetes, cancer, and heart disease.

Did you know? Starchy vegetables such as corn, potatoes, and peas have little nutritional value.

Cucumbers and pickles are both vegetables.

Olive is a fruit.

**Milk-** Milk, Yogurt, Cheese

Consuming foods from the milk food group helps build bone mass and reduces the risk of osteoporosis.

In general toddlers should drink whole milk, adolescents and young adults should drink 1-2% and adults should drink skim milk.

Did you know? The percentage on a milk container is the percentage of fat in the milk.

Whole milk contains about 3.7% milk fat.

**Meat & Beans-** Beef, Pork, Cashews, Peanuts, Black Beans

Consuming meat and beans is beneficial to your health because they contain proteins which are the building blocks for bones and muscles. When eating meat it is extremely beneficial to eat cuts which are lean (low in fat) and skinless.

Did you know? Venison and rabbit are very low in cholesterol and a healthy choice for meat consumption.

Shellfish are considered part of the meat and beans food group.

**Oils-** Vegetable Oil, Mayonnaise, Salad Dressing, Butter

Consumption of these products should be limited.

**Recommended Food Group intake:**

	<u>Grains</u>	<u>Vegetables</u>	<u>Fruits</u>	<u>Milk</u>	<u>Meat &amp; Beans</u>	<u>Oils</u>
Boys	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces	5 tsps.
Girls	5 ounces	2 cups	1.5 cups	3 cups	5 ounces	5 tsps.

## **Other Eating Facts:**

1. Eating breakfast everyday is important for providing your body with nutrients for the day.
2. It is better to eat small portions spread throughout the day than to eat one or two huge portions.
3. Eating dinner after 7:00 p.m. is unhealthy because your body does not digest food as quickly and efficiently when you are sleeping.
4. Poultry and fish are a good alternative to eating red meat.
5. How food is prepared is extremely important to how healthy the food is. (For example foods that are fried or deep fried are not nearly as healthy as foods that are baked or grilled.)
6. Consuming a large amount of water is extremely beneficial to the health of your body.

## **BVM EATING HABITS:**

**Balance:** Eat a balanced diet. Consume the amount of calories your body needs.

**Variety:** Eat a variety of foods from the different food groups.

**Moderation:** Eat in moderation. Avoid consistently over eating.

## **Recommended Calorie and Fat Intake:**

Remember FAT CALORIES should not equal more than 30% of your total calorie intake!!!

	Sedentary	Active
Girls	1600 (480 fat cal.)	2200 (660 fat cal.)
Boys	1800 (540 fat cal.)	2600 (780 fat cal.)

**Fast Food Facts:**

1. The three main reasons that people eat fast food are cost, convenience, and taste.
2. When you eat fast food the important thing to remember is **IT IS NOT WHERE YOU EAT IT IS WHAT YOU EAT!!!!!!!** Most fast food restaurants have both healthy and unhealthy choices on their menu. Important things to remember include how the meal is prepared (deep fried versus baked) and what is in the meal.

**DID YOU KNOW? YOU ARE THE FIRST GENERATION THAT HAS A SHORTER LIFE EXPECTANCY THAN YOUR PARENTS!!!!**

**THE REASON WHY--DIET AND INACTIVITY!**

