

Chapter 4 – Lesson 1

# NUTRIENTS FOR GOOD HEALTH

# WHAT NUTRIENTS DO YOU NEED?

Just as a car needs fuel in order to run, your body needs nutrients in food to perform the activities of daily life.



## nutrients

Substances in foods that your body needs to grow, have energy, and stay healthy

### Six Types of Nutrients

Carbohydrates

Proteins

Fats

Vitamins

Minerals

Water

# CARBOHYDRATES



## carbohydrates

The starches and sugars found in foods.

Your body uses carbohydrates as its main source of energy.

Foods containing carbohydrates include:

- Baked potato
- Bread
- Noodles
- Fruits
- Vegetables

# CARBOHYDRATES

## Two Types of Carbohydrates

Simple

Complex

### Simple carbohydrates

are sugars and occur naturally in foods.

Complex carbohydrates are starches, which are found in foods such as potatoes, beans, and whole-grain cereals.

The body must break down carbohydrates into sugars in order to use them.

When the energy from carbohydrates is not used right away, it is stored in the body as fat.



# CARBOHYDRATES

Some **fiber** is found in the tough, course part of plant foods such as the **bran in whole-grain wheat** and oats.



## **fiber**

A complex carbohydrate that the body cannot break down for energy

# PROTEINS

**Proteins** are made up of compounds called **amino acids**.



**proteins** The nutrient group used to build and repair cells

## Two Types of Proteins

Complete

**Complete proteins** contain all the essential, or necessary amino acids and are found in meat, fish, eggs, dairy products, and soybeans.

Incomplete

**Incomplete proteins** (with the exception of soybeans) lack at least one of the essential amino acids.

- *However, you can get all the amino acids you need by combining certain plant foods.*

# FATS

**Fats** help build and maintain your **cell membranes**.



**fats** Nutrients that promote normal growth, give you energy, and keep your skin healthy.

Fats carry vitamins A, D, E, and K to all parts of the body.

# FATS: CONTINUED

**Saturated fats** are found in meat, poultry, butter, and other dairy products.



**saturated fats** Fats that are usually solid at room temperature

Over time, eating too many saturated fats can increase the risk of heart disease and other diseases.



# FATS: CONTINUED

Your body makes two types of **cholesterol**.



**cholesterol** The waxy, fat-like substance that the body uses to build cells and make other substances

Dietary sources of cholesterol include **meat**, some **seafood**, whole or reduced-fat **milk**, many **cheeses**, and **butter**.

# FATS: CONTINUED

## Two Types of Cholesterol

HDL (“good”)

LDL (“bad”)

HDL cholesterol is known as “good” cholesterol because it protects against heart disease.

LDL cholesterol is known as “bad” cholesterol because it sticks to the walls of blood vessels, which can cause heart disease.

- Eating a lot of saturated fats can raise blood levels of LDL cholesterol.

# FATS: CONTINUED

Blood levels of LDL cholesterol can rise if you eat too much trans fat, or **trans fatty acids**.



## trans fatty acids:

A kind of fat formed when hydrogen is added to vegetable oil during processing

Oil is turned into a solid so that it can be used for such foods products as stick margarine. This process keeps oils fresh longer.

# VITAMINS

Some **vitamins** help your body **fight disease**, while others help your body **produce energy**.



**vitamins** Compounds that help to regulate body processes

Vitamins are either fat-soluble or water soluble.

**Fat-soluble** vitamins include A, D, E, and K. They can be stored in the body.

**Water-soluble** vitamins include C and B. Your body needs a fresh supply of water soluble vitamins each day.



# MINERALS

**Minerals** are important to your health.



## **Minerals:**

Substances the body uses to form healthy bones and teeth, keep blood healthy, and keep the heart and other organs working properly

# **MINERALS: CONTINUED**

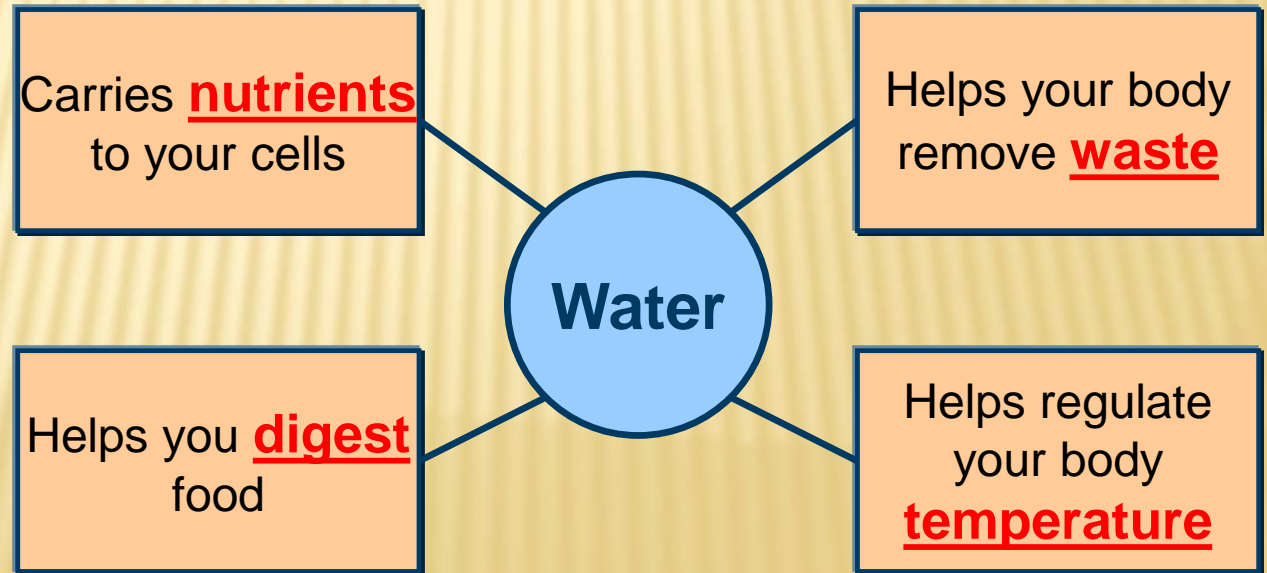
<b>Mineral</b>	<b>What It Does</b>	<b>Where to Find It</b>
<b>Iron</b>	<b>Helps make red blood cells</b>	<b>Meat, poultry, beans</b>
<b>Calcium Magnesium Phosphorus</b>	<b>Helps build teeth and bones and keeps them strong</b>	<b>Milk, cheese, and other dairy products</b>
<b>Potassium Sodium Chloride</b>	<b>Helps maintain the body's fluid balance</b>	<b>Bananas, cantaloupe, fish, vegetables, meats such as chicken and turkey</b>

# WATER

When you perspire heavily, you need to increase the amount of water you drink.

Most foods contain water, but the best sources of water are plain water, milk, and juice. Coffee and sodas are not good sources of water.

A person can only live about one week without water.



# GUIDELINES FOR GOOD NUTRITION

The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services have developed the **Dietary Guidelines for Americans**.

The Dietary Guidelines for Americans provide scientifically valid information about healthy eating and active living.



# MAKE SMART FOOD CHOICES

Here are some tips for making smart food choices. Following these tips will give your body the balanced nutrition it needs.

Eat a variety of nutritious foods every day.

Choose to eat fruit instead of drinking fruit juices.

Vary your vegetables and eat more of them.

Half of the grains you eat should be whole grains.

Eat enough calcium-rich foods.

Eat a variety of protein-rich foods.

Go easy on foods that are high in saturated fats.

When you eat meat, choose lean cuts and dishes that are baked, broiled, or grilled.

# AVOID TOO MUCH SUGAR AND SALT

## Too Much Sugar...

- Fills you up and makes you less likely to eat healthy foods
- Promotes tooth decay
- Is stored as fat, causing weight gain

## Too Much Salt...

- Table salt contains a mineral called sodium that helps regulate blood pressure.
- Can increase blood pressure

# BALANCE FOOD AND PHYSICAL ACTIVITY

Try to match how physically active you are with the amount of food you eat.

To stay at a healthy weight, you need to eat just what your body requires for energy.

Aim for the recommended 60 minutes of moderate physical activity each day.

# GETTING THE NUTRITION FACTS



# READING INGREDIENTS LISTS

Keep this in mind: Corn syrup, dextrose, and sucrose are all types of sugar. If they are among the first three items in a product's ingredients list, the amount of added sugar is high.