

NUTRITION

Chapter 4 – Lessons 2-3

The USDA's MyPlate

Good nutrition allows your body to **grow** and **function** in a healthy way.

Food can also help you meet your **emotional** and **social needs** by eating healthful meals and snacks with people you like.

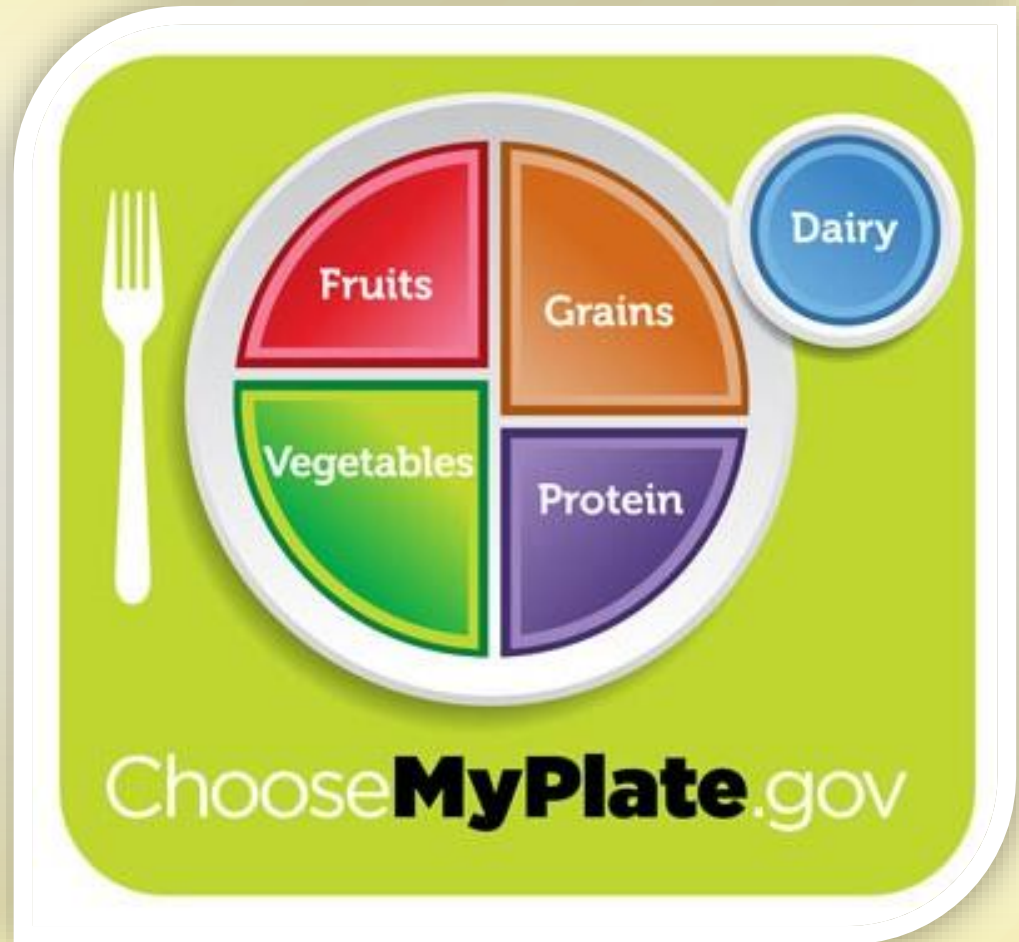


nutrition The process of taking in food and using it for energy, growth, and good health

The USDA's MyPlate

MyPlate suggests eating more **whole grains**, **vegetables**, and **fruits**.

The foods in its **five groups** can be combined in many different ways.



How to Meet Your Nutrient Needs

MyPlate makes recommendations on calorie consumption.



calorie A unit of heat that measures the energy available in foods

The MyPlate suggestions are based on your **age, gender,** and level of **physical activity.**

If you are **very active,** you may need **more food** each day than someone who is less active.

What is a Calorie??

- A **calorie** is a unit of energy. We tend to associate calories with food, but they apply to anything containing energy.
 - For example, a gallon of **gasoline** contains about 31,000,000 calories.
- Specifically, a calorie is the amount of **energy**, or **heat**, it takes to **raise** the temperature of 1 gram of **water** 1 degree **Celsius** (1.8 degrees Fahrenheit).

How to Meet Your Nutrient Needs

How Many Calories Do You Need?

Gender/Age	Sedentary Lifestyle	Moderately Active Lifestyle	Active Lifestyle
Females, Age 9–13	1600 calories per day	1200 calories per day	2200 calories per day
Males, Age 9–13	1800 calories per day	2000 calories per day	2600 calories per day

A **sedentary** lifestyle means that you just do the activities of daily life.

A **moderately active** lifestyle means that you get at least 30 minutes per day of moderate physical activity, such as walking.

An **active** lifestyle includes activity equivalent to walking three miles per day in addition to everyday activities.

How to Meet Your Nutrient Needs

What Are Your Food Group Needs Based on Calories?

Your Calorie Level	1600	1800	2000	2200	2400	2600
Fruits	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups
Vegetables	2 cups	2.5 cups	3 cups	3 cups	3 cups	3.5 cups
Grains	5 ounces	6 ounces	6 ounces	7 ounces	8 ounces	9 ounces
Meat and Beans	5 ounces	5 ounces	5.5 ounces	6 ounces	6.5 ounces	6.5 ounces
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	5 tsp.	5 tsp.	6 tsp.	6 tsp.	7 tsp.	8 tsp.
Extra Calories	132	195	267	290	362	362

Eat a Variety of Foods

You can't get all the nutrients your body needs from just **one food group**.

Try to get **45** to **65** percent of your food calories from **carbohydrates**, especially from low-fat, nutrient-rich foods.

Many foods are **combinations** of ingredients from two or more food groups. A bowl of chicken soup, for example, can have meat, vegetables, and sometimes grains.

Remember that **you will gain weight** if you take in more calories than your body can use.

Influences on Food Choices

Look, feel, smell, taste

These are your personal preferences.

Familiarity

Familiar foods make you feel comfortable.

Culture

Your family's cultural traditions or ethnic background can influence what is served at your house.

Peers

Have you ever decided to try a food because a friend liked it or because it was suddenly popular?

Influences on Food Choices

Land, climate, local agriculture

Different parts of the world grow different kinds of foods.

Convenience

People may be more likely to buy food that is convenient.

Media

If you see a commercial for a new kind of pizza, you may want to try it.

Cost

Cost influences purchasing decisions.

Smart Snacking

When **snacking**, choose foods that are nutrient dense.



Nutrient dense Having a high amount of nutrients relative to the number of calories

Examples of nutrient dense foods include:

- A **fruit smoothie** made with yogurt
- A **peanut butter sandwich** with bananas on whole-wheat bread
- A glass of **tomato** or **vegetable** juice with tortilla chips.

Healthful Eating Habits

- Eat a **variety of food** from all the food groups in the recommended amounts.
- Pay attention to your portions. **Avoid oversized portions.**
 - You can use everyday objects to **estimate portion sizes.**
 - Three ounces of meat is about the size of a **deck of cards.**
 - One tablespoon of peanut butter is about the size of one **nine-volt battery.**
 - One cup of raw vegetables is about the size of a **baseball.**

Healthful Eating Habits

- Keep the amount of high-fat or sugary foods to a minimum.
 - It's okay to have a candy bar or soda now and then. Keep the **amounts small** and **balance** them with more healthful foods.
- Don't skip meals.
 - Skipping meals will make you **hungry later**, making it more likely that you will **overeate**.

Begin the Day with a Healthful Breakfast

By the time you wake up in the morning, you may have gone **10** to **12 hours** without eating.

If you start your day with a healthful breakfast, you will have **energy** for **later** in the day.

It is easier to maintain a healthy weight when you **eat breakfast everyday**.

Begin the Day with a Healthful Breakfast

- Eat foods that are high in **complex carbohydrates**
 - Oatmeal with fruit and milk, or eggs and toast
- Consider a bean burrito
 - Beans are high in **protein** and **fiber**
- Drink a glass of low-fat **milk** and **orange juice**
- Take breakfast with you if you are in a **hurry**
 - String cheese, **yogurt, fruit**, whole-grain bagel

Packing a Healthful Lunch

- If you eat a sandwich, use **whole-grain** bread.
- Consider a **salad** and choose fat-free **dressing**.
- Cheese sticks or yogurt will give you **protein** and **calcium**.
- A cereal bar will give you **carbohydrates**
- Eat fruit.
- Drink **unsweetened** fruit juice or bottled water.

Keeping Foods Safe

Keep your hands, utensils, and surfaces clean.

- Be especially careful when preparing raw meats, poultry, fish, and eggs.
- Use warm, **soapy water** to wash your hands and to clean utensils, cutting boards, and kitchen surfaces.

Separate raw, cooked, and ready-to-eat foods.

- If prepared or stored with raw foods, cooked and ready-to-eat foods can pick up **harmful organisms**.
- Use **separate cutting boards** for vegetables and meats and for cooked and uncooked foods.
- Use cutting boards made of **plastic** or **glass** for preparing foods.

Keeping Foods Safe

Cook foods thoroughly.

- Use a **food thermometer** to make sure that foods are cooked to the proper temperature.
- Fish and meats should be cooked to at least **145** degrees.
- Poultry should be cooked to between **170** and **180** degrees.
- Leftovers should be cooked to at least **165** degrees.

Chill when necessary.

- **Refrigerate** foods that spoil easily.
- Frozen foods should be thawed out in the **refrigerator**.

Keeping Foods Safe

Serve safely.

- Keep hot foods **hot** and cold foods **cold**.

Follow directions.

- **Read food labels** and follow suggestions for cooking and refrigeration.

When in **doubt, throw it out.**

- Do not eat foods that you suspect has not been handled, cooked, or stored properly.