Building Blocks of Nutrition

- Protein – 4 calories per gram
- Carbohydrate – 4 calories per gram
- Fat – 9 calories per gram
- Alcohol – 7 calories per gram

“Traditional Calorie Breakdown”
<table>
<thead>
<tr>
<th>WHY WE NEED THEM</th>
<th>CARBOHYDRATE</th>
<th>PROTEIN</th>
<th>FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbs are the body’s main source of fuel and are easily used by the body for energy. They contain important vitamins and minerals that are not present in other foods.</td>
<td>Protein is essential for growth, tissue repair, immune function, preserving lean muscle and producing essential hormones and enzymes.</td>
<td>Fats are essential in cell, nerve tissue, and hormone production. They are also essential for absorbing fat soluble vitamins like A, D, E and K.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOW THEY ARE USED</th>
<th>CARBOHYDRATE</th>
<th>PROTEIN</th>
<th>FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbs break down into glucose, which is used for energy. They are stored in muscle and liver for later use and are important for the central nervous system, kidneys, brain, muscles and intestinal health.</td>
<td>The body uses protein for energy when carbs are not available.</td>
<td>Fats are the most concentrated source of energy. If fats consumed aren’t burned as energy or used to build body tissues, they are stored in the body’s fat cells for later use.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WHERE TO FIND THEM</th>
<th>CARBOHYDRATE</th>
<th>PROTEIN</th>
<th>FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains, starches, fruits, dairy and sweets.</td>
<td>Meat, poultry, pork, fish, seafood, eggs, cheese, dairy, nuts, legumes and beans.</td>
<td>Saturated fats include butter, cream, meats, tropical oils, cheese and some sweets.</td>
<td>Unsaturated fats include olive oil, canola oil, avocado and nuts.</td>
</tr>
</tbody>
</table>
Nutrition is Progressive

Assembling the Pieces

Healthy Living

Proposed Benefits

- **Improve:**
  - Weight Management
  - Fitness/Performance

- **Reduce risk of:**
  - Sarcopenia
  - Type 2 Diabetes
  - Cardiovascular Disease
  - Obesity
  - Metabolic Syndrome

25-30% daily intake

1.2-1.6 g protein-kg\(^{-1}\)d\(^{-1}\)

Assembling the Pieces

Healthy Living

Key Protein-related Factors

25-30% daily intake

1.2-1.6 g protein-kg\(^{-1}\)d\(^{-1}\)
The Magic Formula

- Eat Breakfast (eat 3-5 times per day)
- Increase lean protein choices
- Try some healthy fats (MUFA’s)
  - olive oil, nuts, seeds, and avocado
- Boost fiber
  - Oatmeal/oat bran, fruits, vegetables, potatoes with skin, whole grains
- Decrease refined carbs and sugar
- Don’t drink your calories
- Portion control
- Get some sleep!
Let’s Avoid These….

- Eat too little of calories (<1000)
- Try to exercise 7 days a week
- Use exercise as punishment for eating something unhealthy
- “Save up” your calories for later in the day
- Those who under-ate during the day had HIGHER body fat than those who ate evenly all day long!
Use a Budget for Calories

Use the following equation to find your general metabolic rate (BMR): Mifflin St. Jeor [http://www.nafwa.org/mifflin.php](http://www.nafwa.org/mifflin.php)

<table>
<thead>
<tr>
<th>Age/Height/Weight</th>
<th>BMR (basal metabolic rate)</th>
<th>Light Daily Activity</th>
<th>Purposeful Exercise</th>
<th>Calories to Maintain Weight</th>
<th>Calories to Lose Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female – 40 years 5'4” 150#</td>
<td>1300 calories per day</td>
<td>-400</td>
<td>-300</td>
<td>2000</td>
<td>1600</td>
</tr>
<tr>
<td>Male – 40 years 6'0” 200#</td>
<td>1800 calories per day</td>
<td>-600</td>
<td>-400</td>
<td>2700</td>
<td>2200</td>
</tr>
</tbody>
</table>

How can we lose weight without being hungry all day?
• Subtract 10-20% from total energy needs
• Divide calories evenly throughout the day
• Chip away – gradual loss turns into life-long weight loss

EXAMPLE: if a person maintains weight on 2000 calories per day
DEDUCT 250-400 calories per day for weight loss & DIVIDE between meals

<table>
<thead>
<tr>
<th>Calories</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>500-550</td>
<td>500-550</td>
<td>450-550</td>
</tr>
<tr>
<td>1700</td>
<td>450-500</td>
<td>400-500</td>
<td>400-500</td>
</tr>
</tbody>
</table>
Protein Intake and Balance

- How much protein do you need each day?
  - About 0.4 grams per pound of body weight
Protein Quality & Sources

- Protein can come from both animal and plant sources
- Quality is determined by its amino acid composition and digestibility

**Animal sources:**
- eggs, milk/yogurt, lean meats & poultry, fish and seafood

**Plant sources:**
- seeds, nuts, legumes, beans
Quantity vs Quality

**Daily protein distribution**
- **typical?** -

- Carbonolism
  - 10 g
  - 15 g
  - 6 g
  - $\rightarrow 30$ g
- Anabolism
  - Usable Protein 55 g

Maximum rate of protein synthesis

A skewed daily protein distribution fails to maximize potential for muscle growth

~ 0.7 g/kg/day

**Daily protein distribution**
- **Optimal** -

- Carbonolism
  - 30 g
  - 30 g
  - 30 g
- Anabolism
  - Usable Protein 90 g
  - Total Protein 90 g

Maximum rate of protein synthesis

Repeated maximal stimulation of protein synthesis

$\rightarrow$ increase / maintenance of muscle mass

~ 1.3 g/kg/day
Protein Needs Can Be Met with Food

**Breakfast:**
- 2 eggs = 14 g
- 8 oz milk = 8 g
- 2 slices whole wheat toast = 6 g

**Snack:**
- 1 Greek yogurt = 15 g

**Lunch:**
- 1 pouch of tuna = 18 g
- 8 oz milk = 8 g
- 1 (6”) whole wheat pita = 6 g

**Dinner:**
- 3 oz chicken = 25 g
- 8 oz milk = 8 g
- 1 cup brown rice = 5 g
- ½ cup black beans = 8 g

**TOTAL:** 121 grams protein
Meats & Meat Alternatives

• Your plate – 1/3 animal foods.
  • Choose fish and poultry more often and red meat only occasionally.
  • Cut back on or avoid processed meats like hot dogs, sausages, salami, bologna, and bratwurst.
  • Even the fat free versions are still high in chemicals and nitrates, which have been linked with colon cancer.

✓ Include legumes (dried or canned beans), nuts and seeds.
✓ Fish, poultry, lean meats and eggs are also good protein choices.
✓ For sandwiches, choose peanut butter or other nut butters, low-fat turkey slices or sliced roast beef.
VS

Hamburger – 85% lean
Per 3 ounces:
Calories - 215
Total fat - 13 grams (5g saturated)
Cholesterol – 77 mg
Protein – 22 grams

Chicken Breast
Per 3 ounces (90 grams):
Calories – 170
Total fat – 7 grams (2g saturated)
Cholesterol – 70 mg
Protein – 25 grams

Serving Size – 45g (one)
Total Calories – 140
  Calories from Fat – 110
Total Fat – 13 grams
  Saturated Fat – 5 grams
  Trans-Fat – 0.5 grams
Cholesterol – 25 mg
Sodium – 360 mg
Protein – 5 grams

Ingredients: BEEF, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, POTASSIUM LACTATE, DEXTROSE, SODIUM PHOSPHATES, SODIUM DIACETATE, FLAVOR, ASCORBIC ACID [VITAMIN C], EXTRACTIVES OF PAPRIKA, SODIUM NITRITE.

Serving Size – 45g (one)
Total Calories – 100
  Calories from Fat – 80
Total Fat – 8 grams
  Saturated Fat – 2.5 grams
  Trans-Fat – 0
Cholesterol – 30 mg
Sodium – 510 mg
Protein – 5 grams

Ingredients: MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS LESS THAN 2% OF SALT, TAPIOCA STARCH, CORN SYRUP, DEXTROSE, SODIUM LACTATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE.

Serving Size – 45g (one)
Total Calories – 100
  Calories from Fat – 80
Total Fat – 8 grams
  Saturated Fat – 2.5 grams
  Trans-Fat – 0
Cholesterol – 30 mg
Sodium – 510 mg
Protein – 5 grams

Ingredients: MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS LESS THAN 2% OF SALT, TAPIOCA STARCH, CORN SYRUP, DEXTROSE, SODIUM LACTATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE.
Facts About Fats

- Fats:
  - provide energy and support the growth of your body’s cells
  - help your body absorb certain nutrients and produce important hormones
- Each gram of fat contains more than TWICE the calories of carbohydrates and proteins.
- Fat is naturally found in animal products as well as in some plant products.
- All fats are not the same.
# The Skinny on Fats

<table>
<thead>
<tr>
<th>Unsaturated Fats</th>
<th>Saturated Fats</th>
<th>Trans Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monounsaturated</strong></td>
<td><strong>Polyunsaturated</strong></td>
<td><strong>Partially hydrogenated vegetable oils</strong></td>
</tr>
<tr>
<td><strong>Avocado</strong></td>
<td><strong>Dressings</strong></td>
<td><strong>Bacon</strong></td>
</tr>
<tr>
<td><strong>Nuts</strong></td>
<td><strong>Vegetable oil spread (tub spread)</strong></td>
<td><strong>Butter</strong></td>
</tr>
<tr>
<td>- almonds</td>
<td><strong>Mayonnaise</strong></td>
<td><strong>Coconut, shredded</strong></td>
</tr>
<tr>
<td>- Brazil nuts</td>
<td><strong>Nuts</strong></td>
<td><strong>Cream cheese</strong></td>
</tr>
<tr>
<td>- cashews</td>
<td>- pine nuts (pignoli)</td>
<td><strong>Half-and-half</strong></td>
</tr>
<tr>
<td>- hazelnuts (filberts)</td>
<td>- walnuts</td>
<td><strong>Heavy whipping cream</strong></td>
</tr>
<tr>
<td>- macadamia nuts</td>
<td><strong>Oils</strong></td>
<td><strong>Whipped cream</strong></td>
</tr>
<tr>
<td>- peanuts</td>
<td>- corn oil</td>
<td><strong>Ice cream</strong></td>
</tr>
<tr>
<td>- pecans</td>
<td>- flaxseed oil</td>
<td><strong>Sour cream</strong></td>
</tr>
<tr>
<td>- pistachios</td>
<td>- grape seed oil</td>
<td><strong>Lard</strong></td>
</tr>
<tr>
<td><strong>Nut butters</strong></td>
<td>- safflower oil</td>
<td><strong>Shortening</strong></td>
</tr>
<tr>
<td>- almond butter</td>
<td>- soybean oil</td>
<td><strong>Oils</strong></td>
</tr>
<tr>
<td>- cashew butter</td>
<td>- sunflower oil</td>
<td>- coconut oil</td>
</tr>
<tr>
<td>- peanut butter</td>
<td><strong>Plant stanol esters</strong></td>
<td>- palm oil</td>
</tr>
<tr>
<td><strong>Oils</strong></td>
<td>- Benecol™</td>
<td>- palm kernel oil</td>
</tr>
<tr>
<td>- canola oil</td>
<td>- Take Control™</td>
<td><strong>Commercial baked goods:</strong></td>
</tr>
<tr>
<td>- olive oil</td>
<td><strong>Seeds</strong></td>
<td>- croissants</td>
</tr>
<tr>
<td>- peanut oil</td>
<td>- flax</td>
<td>- biscuits</td>
</tr>
<tr>
<td><strong>Olives</strong></td>
<td>- pumpkin</td>
<td>- muffins</td>
</tr>
<tr>
<td><strong>Bacon</strong></td>
<td>- sesame</td>
<td><strong>Fried foods such as</strong></td>
</tr>
<tr>
<td><strong>Butter</strong></td>
<td></td>
<td>- doughnuts</td>
</tr>
<tr>
<td><strong>Coconut, shredded</strong></td>
<td></td>
<td>- French fries</td>
</tr>
<tr>
<td><strong>Cream cheese</strong></td>
<td></td>
<td>- onion rings</td>
</tr>
<tr>
<td><strong>Half-and-half</strong></td>
<td></td>
<td><strong>Shortening</strong></td>
</tr>
<tr>
<td><strong>Heavy whipping cream</strong></td>
<td></td>
<td><strong>Margarine (stick)</strong></td>
</tr>
<tr>
<td><strong>Whipped cream</strong></td>
<td></td>
<td><strong>Commercial baked goods:</strong></td>
</tr>
<tr>
<td><strong>Ice cream</strong></td>
<td></td>
<td>- croissants</td>
</tr>
<tr>
<td><strong>Sour cream</strong></td>
<td></td>
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<td>- onion rings</td>
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<td>- palm kernel oil</td>
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<td><strong>Shortening</strong></td>
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<tr>
<td><strong>Commercial baked goods:</strong></td>
<td></td>
<td><strong>Margarine (stick)</strong></td>
</tr>
</tbody>
</table>
### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from fat 35</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>Total Fat 4g</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Polyunsaturated Fat 0g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Monounsaturated Fat 1.5g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Trans Fats 2g</td>
<td>6%</td>
</tr>
</tbody>
</table>

**Total Fat:**
Includes any type of fat in the food. This tells you how much fat you will get in one serving.

For heart health, limit to 25-35% of total calories.

**My Daily Target:**

**TIP:** Limit total fat to 3 grams or less per 100 calories

**Cholesterol:**
Recent heart health guidelines suggest limiting cholesterol in terms of choosing foods low in saturated fat.

**Sodium:**

**Sugars:**
3g

**Sugar Alcohols:**
6g

**Other Carbohydrates:**
7g

**Total Carbohydrate:**
22g

**Dietary Fiber:**
6g

**Protein:**
2g

**Vitamin A:**
0%

**Vitamin C:**
0%

**Calcium:**
2%

**Iron:**
4%

*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs.

- Calories: 2,000, 2,500
- Total Fat: Less than 65g, 80g
- Saturated Fat: Less than 20g, 25g
- Cholesterol: Less than 300mg, 300mg
- Sodium: Less than 2400mg, 2400mg
- Total Carbohydrate: 300g, 375g
- Dietary Fiber: 25g, 30g
- Protein: 50g, 65g

**INGREDIENTS:** ENRICHED FLOUR, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, HYDROGENATED PALM KERNEL OIL, SALT, WHEY, LEVENEING, NATURAL AND ARTIFICIAL FLAVORING.

**Trans Fats:**
Watch the Ingredients listing for hidden trans-fats.
Triglycerides

- **Triglycerides (TG) – storage form of fat for sugar**
  - Found in these foods:
    - bakery prepared items (baked goods, packaged goods)
    - concentrated sweets (soda, candy)
    - alcohol

- **Affect on blood:** High TG levels may be associated with low levels of good cholesterol and is a risk factor for heart disease and diabetes
Many of us don’t realize how much added sugar is in our food.

Sugars and refined grains and starches supply quick energy to the body in the form of glucose.

That’s a good thing if your body needs quick energy, for example if you’re running a race or competing in sports.

The better carbs for most people are unprocessed or minimally processed whole foods that contain natural sugars, like fructose in fruit or lactose in milk.
What Are Added Sugars?

- High-fructose corn syrup (HFCS)
- Corn syrup
- Invert sugar
- Dextrin
- Beet sugar
- Table sugar/powdered sugar/confectioner’s sugar
- Brown sugar
- Molasses
- Malt
- Honey
- Maple syrup
- Agave sugar or nectar
- Crystallized fructose, granulated fructose
- Glucose or dextrose
- Apple, grape, and orange juice concentrate
- Evaporated cane juice
- Cane sugar
- Raw sugar

All sweeteners contain the same number of calories (4 calories per gram).
**Serving Size:**
All the nutritional information on the label applies to the Serving Size listed.

**Total Carbohydrate:**
The total grams of carbohydrate listed on the label include any type of carbohydrate that is in the food whether it is added or naturally occurring in the food.

**Protein:**
Protein is a building block for body tissues. They contain essential amino acids. Protein sources include animal (meat, egg, fish, dairy) and plant-based (legumes, vegetables, whole grains, nuts and seeds)

0.4 grams of protein per pound of body weight is minimum

0.5-0.9 grams per pound of body weight for those physically active (varies)

**Dietary Fiber:**
Look for foods with the most fiber. A high-fiber food has >5 grams per serving. Fiber aids in digestion, provides satiety and can help manage our blood glucose and cholesterol levels. *Try to eat 25-35 grams of fiber every day.*

**Sugars:**
This number includes sugar naturally present, such as in milk or fruit, and sugar that may have been added in processing.

**Sugar Alcohols:**
Sugar alcohols are one type of reduced-calorie sweetener. Even though they are called sugar alcohols, they do not contain alcohol. Foods with reduced-calorie sweeteners often have fewer calories than foods with sugar. However, some sugar-free products have more saturated fat in them. Sugar alcohols may produce a laxative effect, especially in children.
Carb Balance

- Choose carbohydrates full of fiber.
  - These carbs that get absorbed slowly into our systems, avoiding spikes in blood sugar levels.
  - Examples: whole grains, vegetables, fruits, and beans
- Eat fewer refined and processed carbohydrates that strip away beneficial fiber.
  - Examples: white bread and white rice
How Easy It Is…

http://www.myplate.gov/

Black beans = ½ cup = 8 grams
Raspberries = 1 cup = 8 grams
Sweet potato = 3 grams
Almonds = 1 ounce = 4 grams
Broccoli = 1 cup = 5 grams

TOTAL = 28 grams

WW Spaghetti = 1 cup = 6 grams
Corn on the cob = 4 grams
Pear = 5 grams
Wheaties = 1 cup = 7 grams
Vegetarian baked beans = ½ cup = 5 grams

TOTAL = 27 grams
Calorie Density

- 400 calories of oil
- 400 calories of chicken
- 400 calories of vegetables

100-Calorie Snacks: What a Difference Calorie Density Can Make

Each of these snacks supplies 100 calories. You can eat only 16 jelly beans (CD 4.0) or 1/4 cup raisins (CD 3.1) because both have a high CD and almost no water. As CD goes down, you get a bigger portion—about a cup of grapes (CD 0.69), close to 2 cups of apple slices (CD 0.53), or almost 4 cups of cherry tomatoes (CD 0.18).

Credit: Courtesy of William Morrow, an imprint of HarperCollins Publications.
Label Reading Tool

If calories are < grams per serving = the food has a low calorie density

Which food is lower in calorie density?
## Advantage of Whole Plant Foods

<table>
<thead>
<tr>
<th></th>
<th>Carbohydrate</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Macaroni &amp; Cheese Dinner:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni &amp; Cheese (1 cup)</td>
<td>40 g</td>
<td>390</td>
</tr>
<tr>
<td>Salad (2 cups)</td>
<td>13 g</td>
<td>81</td>
</tr>
<tr>
<td>Apple sauce (1/2 cup)</td>
<td>22 g</td>
<td>86</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>75 g</td>
<td>557</td>
</tr>
<tr>
<td>Total weight: 22 ounces</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**You Get To Eat MORE!**

<table>
<thead>
<tr>
<th></th>
<th>Carbohydrate</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stir-fry &amp; Brown Rice Dinner:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli Stir-fry &amp;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown Rice (2 cups)</td>
<td>48 g</td>
<td>259</td>
</tr>
<tr>
<td>Salad (2 cups)</td>
<td>13 g</td>
<td>81</td>
</tr>
<tr>
<td>Diced Fresh Fruit (1 cup)</td>
<td>13 g</td>
<td>55</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>74 g</td>
<td>395</td>
</tr>
<tr>
<td>Total weight: 27 ounces</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### The Breakdown

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat, 30-35% of calories</td>
<td>60-65 g/day</td>
</tr>
<tr>
<td>Carbohydrate, 40% to 45% of calories</td>
<td>180-200 g/day</td>
</tr>
<tr>
<td>Protein, about 20-30% of calories</td>
<td>90-110 g/day</td>
</tr>
<tr>
<td>Saturated Fat, about 5-7% of calories</td>
<td>10-15 g/day</td>
</tr>
<tr>
<td>Fiber</td>
<td>20-30 g/day</td>
</tr>
</tbody>
</table>
# Meal Planning Doesn’t Have To Be Hard

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Grains/Starches</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>cucumber</td>
<td>mango</td>
<td>whole wheat bread/bagel</td>
<td>skim or 1% milk</td>
<td>egg</td>
</tr>
<tr>
<td>celery</td>
<td>kiwi</td>
<td>dry cereal/oatmeal</td>
<td>low fat yogurt</td>
<td>lean ground beef</td>
</tr>
<tr>
<td>carrots</td>
<td>apple</td>
<td>baked potato with skin</td>
<td>mozzarella cheese</td>
<td>chicken breast</td>
</tr>
<tr>
<td>lettuce</td>
<td>orange segments</td>
<td>corn/peas</td>
<td>low fat sliced cheese</td>
<td>ham or turkey slices</td>
</tr>
<tr>
<td>tomatoes</td>
<td>strawberries</td>
<td>whole wheat tortilla</td>
<td>Greek yogurt</td>
<td>nuts/seeds</td>
</tr>
<tr>
<td>cabbage</td>
<td>melon balls</td>
<td>sweet potato</td>
<td>low fat soy/almond milk</td>
<td>egg or tuna salad</td>
</tr>
<tr>
<td>asparagus</td>
<td>peaches</td>
<td>whole grain pasta</td>
<td>low fat lactose free milk</td>
<td>nut/soy butter</td>
</tr>
<tr>
<td>broccoli</td>
<td>nectarines</td>
<td>whole grain crackers</td>
<td>2% cottage cheese</td>
<td>beans/legumes</td>
</tr>
<tr>
<td>cauliflower</td>
<td>pears</td>
<td>pita/flatbread</td>
<td>string cheese</td>
<td>fish</td>
</tr>
<tr>
<td>green beans</td>
<td>blueberries</td>
<td>English muffin</td>
<td>light ricotta cheese</td>
<td>veggie burger</td>
</tr>
<tr>
<td>zucchini</td>
<td>cherries</td>
<td>brown rice</td>
<td>shredded cheese</td>
<td>roast beef</td>
</tr>
</tbody>
</table>
Be Realistic with Eating and Activity

● A half-hour walk doesn’t equal a brownie.
  ● It can be easy to underestimate how many calories some foods contain
  ● It’s also easy to overestimate how many calories we burn while exercising

● WHAT & WHEN you eat may matter almost as much as HOW MUCH you eat.
  ● Limit refined sugar and enriched grains
  ● Experiment with a diet higher in protein and healthy fats (monounsaturated fats - MUFA’s)
Weight loss goals start simple, 3% body weight loss.

- Example, for a person weighing 220#, this would be 6.6#.
- Even a 3% body weight loss without regain, has been shown to improve health risk factors.

- Measuring cups, food scale, smaller plate
- Writing down your foods and beverages
- Pre-cook or batch-cook part of a meal for the week
- Choosing alternative option when going out to eat
- Eat at the table
- Theme nights – white board for meal ideas
Enjoy the PROCESS

- Eat what your body deserves to eat – not what you “think” you should try to eat
  - Be aware of the general calories in the foods you eat and your calorie goals
- Spread out your calories and protein throughout the day
  - Keep up with your appetite, will significantly help cravings and night hunger
- Move towards accepting your body and visualizing what a healthy image is
- Develop a healthier relationship with food
- Enjoy the PROCESS of eating healthier
  - If it feels too restrictive, it probably is and is not going to work – it is not a race
Any Questions

Macronutrients

carbs
proteins
fats
Nuts & Bolts of Nutrition - QUIZ

Name: ________________________________

1. The “magic formula” for managing our weight includes:
   a. Increasing lean protein choices
   b. Eating breakfast
   c. Getting enough and good quality sleep
   d. All of the above

2. Which foods are some of the best sources of fiber?
   a. Milk, pasta and juice
   b. Berries, beans and broccoli
   c. Bread, chicken and eggs

3. Each gram of fat contains more than TWICE the calories of carbohydrates and proteins.
   a. True
   b. False

4. Added sugars can be hidden in what common foods:
   a. Bananas, apples and melon
   b. Cereals, yogurts, granola bars and condiments
   c. Breads, potatoes and rice

5. “A diet higher in protein has found to aid in weight loss, body fat loss, lean muscle preservation, boosting metabolism, providing fullness or satiety and naturally controlling appetite and intake.”
   a. True
   b. False