

Nutrition Review Sheet

Food Labels

- The students will need to read a food label; find percentages of vitamins and minerals, find percentages and grams of fat content, find and understand how serving sizes work, find calories, etc.

My Plate Diagram

(There are 5 food groups in the my plate diagram: grains, vegetables, fruits, dairy, and protein)

- Grains
 - 6 ounces a day (1 slice of bread is 1 ounce)
 - ½ of your servings should be whole grains

- Vegetables
 - 2 ½ cups a day
 - eat all different colors of vegetables

- Fruits
 - 2 cups per day
 - eat all different colors of fruit

- Dairy
 - 3 cups per day
 - Try to eat low fat / no fat dairy products

- Protein
 - 5 ½ ounces per day
 - a piece of meat the size of a deck of cards is about 3 ounces
 - eat more poultry and fish than red meat
 - grilled, broiled, or baked food is always better than fried

- Activity
 - 60 minutes per day is recommended

Calorie

- a calorie is a unit of energy
- recommended amount for school age kids is 1600-2500 calories per day

Nutrients

- Carbohydrates
 - This is the major source of energy for the body
 - Two Types
 - Simple carbohydrates - these are also called simple sugars found in refined sugars, like the white sugar you'd find in a sugar bowl - this is a quick burst of energy
 - Complex carbohydrates - these are also called starches which include grain products such as bread, crackers, pasta, and rice - this is for a longer burst of energy

- Proteins
 - Protein builds up, maintains, and replaces tissues in your body
 - Your muscles, your organs, and your immune system are made mostly of protein
- Fat
 - Fat fuels the body and helps absorb some vitamins, they are the building blocks of hormones and they insulate the nervous system tissue
 - 3 Types of Fat
 - Unsaturated Fats - Good fat, these are found in plant foods and fish, these may be good for heart health
 - Saturated Fats - Bad fat, these are found in meat and other animal products, such as butter, cheese, and all milk except skim, eating too much can raise blood cholesterol levels and increase the risk of heart disease
 - Trans Fat - Worst fat, these fats are found in margarine and certain foods that you buy at the store such as snack foods, baked goods, and fried foods, eating too much can raise cholesterol and increase the risk of heart disease.
- Vitamins
 - Vitamins are substances that are found in foods we eat
 - Your body needs them to work properly, so you grow and development just like you should
 - When it comes to vitamins, each one has a special role to play
 - Two types of vitamins
 - Fat soluble - these vitamins are stored in fat tissues in your body and liver, they go and wait around in your body fat until your body needs them
 - Water soluble - these vitamins don't get stored as much in your body, instead they travel through your bloodstream and whatever your body doesn't use comes out when you urinate
 - One thing your body can't do is make vitamins which is why you need to eat foods with all different kinds of vitamins
- Minerals
 - Minerals help your body grow, develop, and stay healthy
 - Two kinds of minerals
 - Macrominerals - your body needs larger amounts of macrominerals
 - Trace Minerals - you only need small amounts of these minerals
- Water
 - Your body needs water to function properly