



Why you need nutritious food?

When you drink a cool glass of milk or bite into a crisp apple, you probably are thinking about the taste and texture of the foods. Yet while you're enjoying the pleasures of eating, the foods you eat are influencing your overall health and wellness. When you make healthy choices about foods, you're more likely to look your best and perform at your peak.

Calories are _____

You need energy for EVERYTHING you do.... Food also provides nutrients which are; _____

_____ Nutrients have many important roles including;

- _____
- _____
- _____

Nutrition is _____

Write down 6 items that you've eaten recently – list the factors that influenced your decision to eat each food. Underline the strongest influences on your food choices.

FOOD EATEN	INFLUENCE





Factors that Affect Food Choices

Factors	Description
<input type="text"/>	<ul style="list-style-type: none"> You may prefer certain foods, like burritos or vegetable stir-fry, because you have grown up eating them at home. At the same time, your friends may persuade you to try new and different foods.
<input type="text"/>	<ul style="list-style-type: none"> Different cultures have different traditions about what they eat, and perhaps where, how, and with whom they eat. For example, Mexican American families may eat beans, corn, and tortillas, while Italian American families may favor pasta dishes. Many Americans enjoy trying a variety of ethnic foods. What cultural foods are part of your eating pattern?
<input type="text"/>	<ul style="list-style-type: none"> Some foods are regional, growing only in certain areas. Some are seasonal and available only in certain months. Fresh blueberries, for example, are plentiful in summer but hard to find in the winter months. Still, modern transportation and growing methods have expanded the food supply. Many foods that were once regional or seasonal are now available in many areas year-round.
<input type="text"/>	<ul style="list-style-type: none"> Schedules and budgets affect a family's food choices. Eating fast foods or convenience foods often takes less time. Some families may look for bulk foods that provide more for the dollar.
<input type="text"/>	<ul style="list-style-type: none"> Have you ever tried a food because you heard about it from a television or magazine ad? Ads can influence our choices of certain brands and products and may persuade us to try new foods.
<input type="text"/>	<ul style="list-style-type: none"> The more you know about the nutrients in different foods, the better able you are to choose foods that supply the health benefits that you need.
<input type="text"/>	<ul style="list-style-type: none"> Your personal likes and dislikes and overall health goals contribute to your food choices. Some people have allergies or medical conditions that affect their food choices. Among the foods that most often cause allergic reactions are milk, peanuts, wheat, and shellfish.

Appetite & Hunger

Your appetite is known as _____.

It may be simulated by _____, _____, _____.

Hunger is _____.

When you're hungry your _____ sends a _____ to find _____.

When you eat, the hunger gradually goes away – your stomach needs about _____ to send a message back to the _____ to turn off the hunger switch.



Nutrients for Wellness

Food nourishes you with more than 40 different nutrients. These nutrients are grouped into _____ categories.

Carbohydrates are the _____ that provide your body with most of its _____.

Simple carbohydrates or _____, are found in _____.

Complex carbohydrates or _____, are found in _____.

Proteins are _____.

They also help your body _____ and they provide energy when your body doesn't get enough from other sources.

Amino Acids are _____.

Your body can produce most amino acids on its own. The remaining ones, called _____, must come from the food you eat.

Complete amino acids: _____

Incomplete amino acids: _____

Fats are _____.

They carry fat-soluble vitamins and promote _____ and _____.

Saturated fats are _____.

Unsaturated fats are _____.

Vitamins are _____.

Vitamins help your body fight infections, use other nutrients, and perform other tasks. **Water-soluble vitamins** such as _____ dissolve in water and can't be stored in your body – they need to be a part of your daily eating pattern. **Fat soluble vitamins** such as _____ dissolve in fat and can be stored in body until needed.



FIGURE 8.2

VITAMINS AND MINERALS: FUNCTIONS AND SOURCES

Functions

Promotes healthy skin and normal vision

Needed for a healthy nervous system; help in energy production

Needed for healthy teeth, gums, and bones; helps heal wounds and fight infection

Promotes strong bones and teeth and the absorption of calcium

Helps blood clot

Needed to build and maintain strong bones and teeth

Promotes strong bones and teeth; prevents tooth decay

Needed for hemoglobin in red blood cells

Helps regulate fluid balance in tissues; promotes proper nerve function

Helps heal wounds; needed for cell reproduction

Sources

Dark green leafy vegetables (such as spinach); dairy products (such as milk); deep yellow-orange fruits and vegetables (such as carrots, winter squash, apricots); eggs; liver

Poultry; eggs; meat; fish; whole grain breads and cereals

Citrus fruits (such as oranges and grapefruit); cantaloupe, strawberries, mangoes; tomatoes; cabbage and broccoli; potatoes

Fortified milk; fatty fish (such as salmon and mackerel); egg yolks; liver

Dark green leafy vegetables (such as spinach); egg yolks; liver; some cereals

Dairy products (such as milk, yogurt, cheese); dark green leafy vegetables (such as spinach); canned fish with edible bones (such as sardines)

Fluoridated water; fish with edible bones

Red meat; poultry; dry beans (legumes); fortified breakfast cereal; nuts; eggs; dried fruits; dark green leafy vegetables

Fruits (such as bananas and oranges); dry beans and peas; dried fruits

Meat; poultry; eggs; dry beans and peas; whole-grain breads and cereals

Minerals are _____.

Calcium, _____ and magnesium help build strong bones and teeth. Iron plays a more vital role in making _____.

Water is a nutrient that is _____. It makes up over _____ and serves many important functions.



Other Substances in Food

Fiber	
Hidden Fats	
Cholesterol	
Added Sugar	
Sodium	
Caffeine	

Estimating your TOTAL DAILY CALORIC NEEDS

RESTING METABOLIC RATE – the amount of energy your body uses when it is completely at rest

Quick Calculation for Resting Metabolic Rate

Multiply weight in kilograms by 24.2 for males and 22.0 for females

Ex. Tom weighs 68.4 kg x 24.2 = 1,655 Tom needs 1,655 Calories a Day

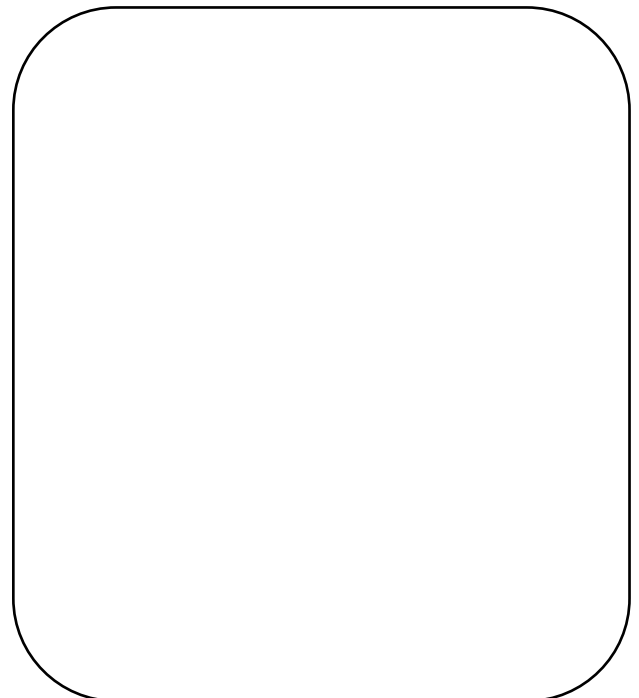
Once you know your RMR you can estimate your total caloric need according to your level of physical activity

Multiply your RMR by the appropriate factor.

Table 5.1 **Calculating Total Daily Caloric Need**

Activity level	Physical activity	Activity factor*
Sedentary	Little or no exercise	1.2
Lightly active	Light exercise or sports 1–3 days per week	1.375
Moderately active	Moderate exercise or sports 3–5 days per week	1.55
Very active	Hard exercise or sports 6–7 days per week	1.725
Extra active	Very hard daily exercise or sports	1.9

* Multiply your RMR by this number to find your total daily caloric need.





Study REVIEW Questions –

1. What are calories and what do they measure?

2. What is the difference between appetite and hunger?

3. Explain how it's possible to have plenty of food and yet be poorly nourished.

4. Define carbohydrates – give 2 examples of simple and complex carbs.

5. Why does your body need protein?

6. What is the difference between saturated fats and unsaturated fats? Give an example of each

7. Explain why people tend to eat too much fat and too much sugar. List a few ideas that we can do to help change this situation.
