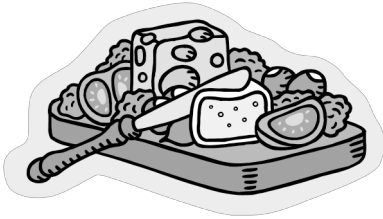


# Nutrition



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## Nutrition

Nutrition is the process of providing or obtaining the food necessary for health and growth



Why do we eat? We eat because we are hungry, tired and your stomach is rumbling. You might also eat because you are bored, sad or happy, just because it's lunchtime, or because the sweet desert looks so good.

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## Nutrition

Nutrition is the process of providing or obtaining the food necessary for health and growth



The food you eat provides the energy your body needs to function. Just like you need to put fuel in your car or recharge your cell phone battery, your body needs to be fed energy-providing foods every day.

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**Nutrients**

Nutrients are substances found in food that provides nourishment essential for growth and the maintenance of life.



**6 Kinds of Nutrients**

|                  |             |
|------------------|-------------|
| 1. Carbohydrates | 4. Minerals |
| 2. Fat           | 5. Vitamins |
| 3. Protein       | 6. Water    |

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**Carbohydrates**



Carbohydrates provide the body with quick energy!

Carbohydrates are SUGAR and STARCH. Sugar and Starches that do not get used by the body for energy are stored as FAT.

Apples, bananas, honey and other sweet food contain Sugar

Bread, pasta and potatoes contain Starch

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**Fat**



Fat has more than TWICE as much energy as Carbohydrates.

Our body stores fat to be used when it need extra energy.

Butter, milk, cheese and meat are some foods that have fat.

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**Protein**

Protein is important for strong bones and muscles.

Our bodies cannot store protein like it stores fat.

Our bodies needs food like meat, eggs, beans or cheese EVERY day to get the protein it needs.

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**Minerals** 

Minerals helps the body grow.

CALCIUM is a mineral found in milk and cheese and helps to build strong bones and teeth.

IRON is another mineral that is important for healthy blood. Liver and green vegetables are good sources of iron.

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**Vitamins** 

Vitamins help the body work properly

Most vitamins are named after letter of the alphabet

We get Vitamin C from orange juice and other fruits

Vitamin D, which helps build strong bones and teeth, is found in milk

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## Water



The body cannot live without water.

Our bodies are made up of 55% - 75% water.

Doctors suggest that we should drink 6 to 8 glasses of water each day.

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## Food Groups

The FOOD GUIDE PYRAMID is a picture that helps us remember what we should eat each day to stay healthy. We can use the pyramid as a general guide that lets us choose a healthy diet for ourselves.

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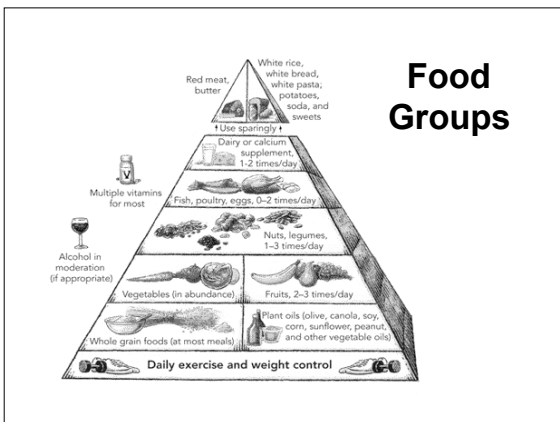
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**Food Groups**

Notice the shape of the pyramid. It is wide at the bottom and narrow at the top.

The bottom level is the widest level. This means that we can eat more of the foods that are grouped at this level.

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**Food Groups**

**Breads, Cereals, Rice & Pasta Group:**

Food at this level includes high energy foods - the **STARCHES**, otherwise known as carbohydrates.

We can eat up to 11 servings.

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**Food Groups**

**Breads, Cereals, Rice & Pasta Group:**

A serving is:

- 1 Slice of bread
- 1 ounce of ready to eat cereal
- 1/2 cup cooked cereal (like oatmeal)

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### Food Groups

**Fruits and Vegetables**

Many vitamins and minerals come from the fruits and vegetables we eat.

3 servings of fruit and 4 servings of vegetables

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### Food Groups

**Fruits and Vegetables**

A serving of fruit is:

- 1 medium apple, banana or orange
- 1/2 cup chopped, cooked or canned fruit
- 3/4 cup fruit juice

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### Food Groups

**Fruits and Vegetables**

A serving of vegetables is:

- 1 cup of raw leafy vegetables (like lettuce)
- 1/2 cup of any other vegetables (cooked or raw)

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### Food Groups

**Fish, Poultry, Eggs and Dairy Products**

Notice that these levels are more narrow, so we will not have as many servings.

2 servings of dairy product and 3 servings of fish, poultry or eggs.

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### Food Groups

**Fish, Poultry, Eggs and Dairy Products**

A serving in the dairy product is:

1 cup of milk or yogurt  
1 1/2 ounces of cheese

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### Food Groups

**Fish, Poultry, Eggs and Dairy Products**

A serving in the fish, poultry or egg group is:

2 ounces of cooked lean (not much fat) meat, poultry or fish  
2 eggs

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**Red Meat, Bread, Potatoes, Sodas and Sweets**

**Food Groups**

Fats, Oils and Sweets - all the things that we love to eat.

Use Sparingly!

The diagram is a pyramid divided into five horizontal sections. From top to bottom: 1. Fats, oils, and sweets (labeled 'Use sparingly'). 2. Dairy products (labeled '2-3 times a day'). 3. Meat, poultry, fish, dry beans, eggs, and tofu (labeled '2-3 times a day'). 4. Vegetables and fruits (labeled '3-5 times a day'). 5. Bread, rice, pasta, and grains (labeled '3-5 times a day'). To the left of the pyramid are icons for 'Multiple vitamins for most', 'Alcohol in moderation if appropriate', and 'Daily exercise and weight control'.

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**Red Meat, Bread, Potatoes, Sodas and Sweets**

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**Food Groups**

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Following the Food Guide Pyramid will help your body get the nutrients it needs to stay healthy.

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