

Nutrients

Why do we need them everyday?

Foods and Nutrition

Are you a healthy Teen?

- Do you eat a variety of foods?
- Do you exercise regularly?
- Do you get enough sleep?
- Do you get plenty of water throughout the day?
- Are you a junk food fanatic?
- Are you aware of the types of foods you are consuming?

What are the food groups?

- Grains: 6 oz. more than half from whole grains
- Veggies: 2 1/2 cups
- Fruits: 2 cups
- Oils: limited
- Milk and dairy products: 3 cups
- Meats, nuts and eggs: 5 1/2 ounces

What are Nutrients?

- The substances found in foods that keep your body in good working order.
- We need Nutrients to be Healthy at all times



Six Key Nutrients

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water

Proteins

- Are used to build, maintain, and repair body tissues.
- Made of chemical compounds called Amino Acids
- Complete proteins: contain all 9 essential amino acids. Animal food products and soybeans.

Carbohydrates

- Are the body's main source of energy
- 200-250 grams per day
- Complex
 - Long Lasting energy
 - Starch is broken down into sugar when digested
- Simple
 - Quick energy
 - Sugars
- Fiber
 - Cleans out the body
 - Plant material that doesn't break down when you digest food
- Exercise and Activities for a Healthier Life- you need to burn off sugar intake otherwise it is stored in the body as fat.

Fats

- The most concentrated form of energy
- Promotes normal growth and healthy skin
- Works as a partner with other nutrients
- Trans fats, dietary fats, and saturated fats raise blood cholesterol.
- No more than 65 grams of total fat a day

Saturated Fats

- Are fats that are solid at room temperature
- Are found in animal foods such as meat, poultry, egg yolks, and whole milk dairy products.

- Limit to 20 grams a day



Unsaturated Fats

- Are usually liquid at room temperature.
- Found mainly in vegetable oils, with the exception of tropical oils.
- A healthy form of fats to consume
 - 25 grams a day

Trans Fatty Acids

- Found in partially hydrogenated vegetable oils.
- Foods can not have more than .5% trans fats. Most have changed the recipe of the product to have ZERO trans fats.
- Has been linked to cancer
- Stay away from

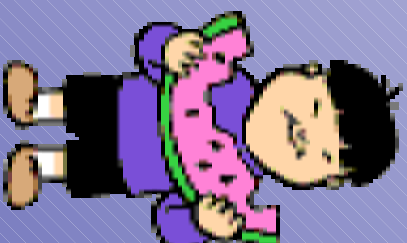
Cholesterol

- A fat-like substance that's part of every cell in the body.
- It helps the body make necessary chemicals and aids in digestion.
- Found in food from animal sources
- Builds up in arteries, not allowing blood to flow correctly.

Vitamins



- Trigger many body processes
- Roles are so specific that one can't substitute for another.
- Your body requires at least 13 vitamins each day.



Vitamins

- **Fat soluble**
 - Vitamins A, D, E, and K
 - Are absorbed with the help of fats.
 - Body can store fat-soluble vitamins.
 - Getting too much of these vitamins can be harmful.

Vitamin K, E, D, and A

Vitamin K- helps blood clot - green leafy veggies, egg yolk, cauliflower

- Vitamin E – keep oxygen from destroying other nutrients – whole grains breads and cereals, green leafy veggies
- Vitamin D – helps the body absorb calcium and phosphorus - sunlight, fortified milk, and fish
- Vitamin A – Healthy skin, hair and good vision - carrots, broccoli, spinach, liver, cheese, and peaches.

Vitamins

- **Water soluble**
 - Vitamin C and the B-complex.
 - Dissolve in water and easy pass the body as waste.
 - What your body needs it uses, what your body does not need will get rid of through body waste.

Vitamin C and B

- Vitamin C – protects your body from infections. - citrus fruits, broccoli, tomatoes and strawberries
- Vitamin B – releases energy from Carbs and helps maintain a healthy nervous system – green leafy veggies, meat, and milk
- Other water soluble vitamins - Biotin, Folate, Niacin, Pantothenic Acid, Riboflavin, Thiamin, B6, and B12

Minerals

- Work like spark plugs in the body
- An essential part of bones and internal organs.
- Body requires 16 minerals daily
- Calcium, iron, potassium



Minerals

- Calcium- strong bones and teeth – dairy products
- Phosphorus – regulate body and cell activity – green leafy veggies
- Sodium/Salt: regulate fluids in cells – Table salt
- Chlorine: regulate fluids in cells – water
- Potassium – regulates fluids in cells – bananas, orange juice
- Iron – builds red blood cells – dry beans, fish, red meats, nuts and cereals
- Iodine – controls the thyroid – saltwater fish, iodized salt.
- Fluorine – develops healthy teeth and bones – city water.
- Chromium- helps regulate metabolism,

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35-25 mcg

Deficiency- not enough body takes longer to break down glucose

Maganese- healthy skin and nervous system, sources nuts, whole grains, dried fruits

2-3 mg/day

Water

- You can live longer without food than water.
- Carries nutrients to your cells and carries waste from your body.
- 8 glasses are needed daily
- Many foods include water

