

Nutrition Nuggets

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Nutrition:

- ▶ Nutrition is the process of providing or obtaining the food necessary for health and growth”.

Sometimes we get lost in “nutrients” vs. “food”.

Eat “food”, not “nutrients”.

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern, layered effect. The shapes are concentrated on the right side and bottom of the frame, leaving the top-left area more white.

DIET

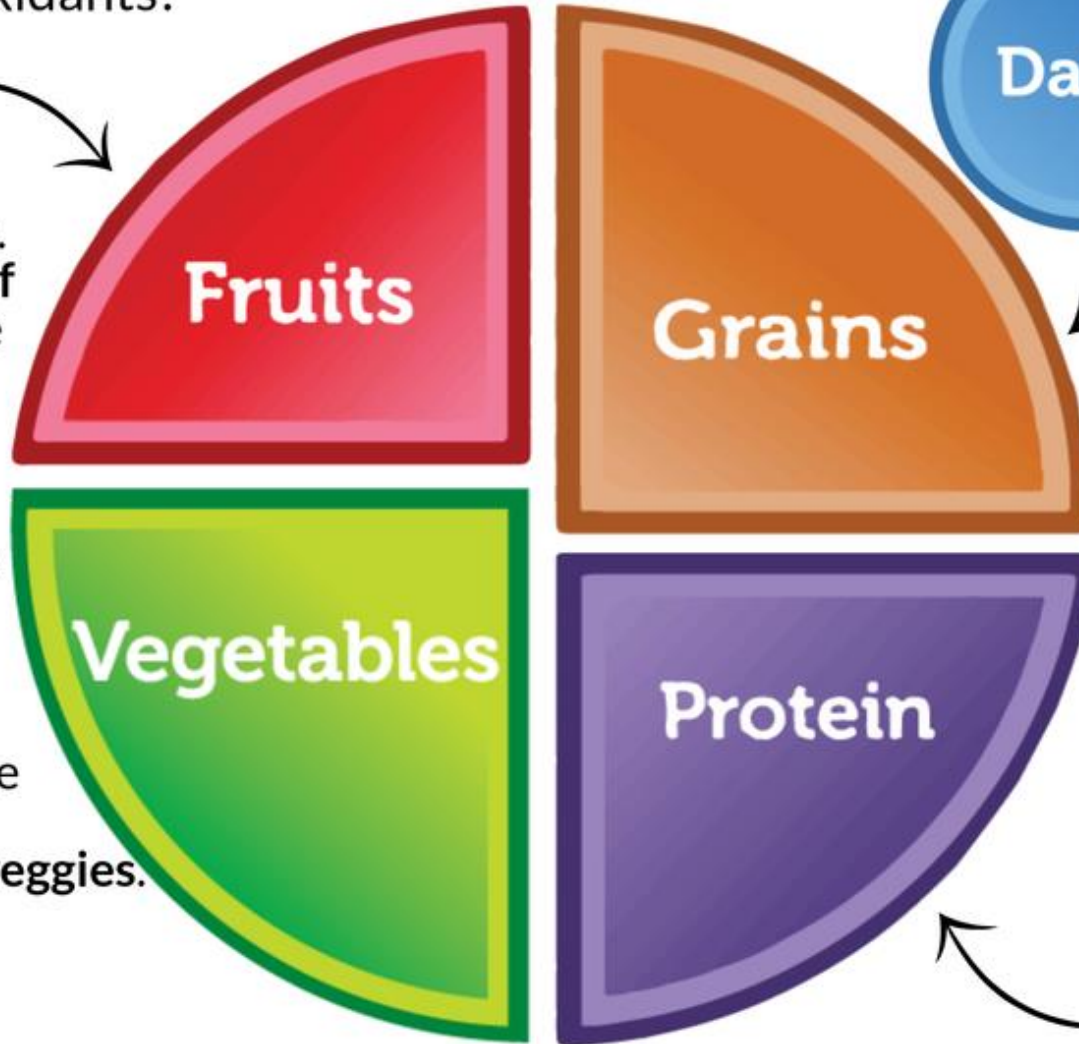
IS A FOUR LETTER WORD.

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy

Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

My Plate Concepts:

- ▶ Balance calories
- ▶ Enjoy food, eat less
- ▶ Avoid oversized portions
- ▶ Obvious food groups to increase and decrease

Dietary Guidelines for Americans

- ▶ Evidence based recommendations for food designed to promote health & reduce risk of chronic disease for healthy Americans 2 yo and up.
- ▶ Developed & revised every 5 years by HHS & USDA
- ▶ My Plate sums this up.

Recommendations:

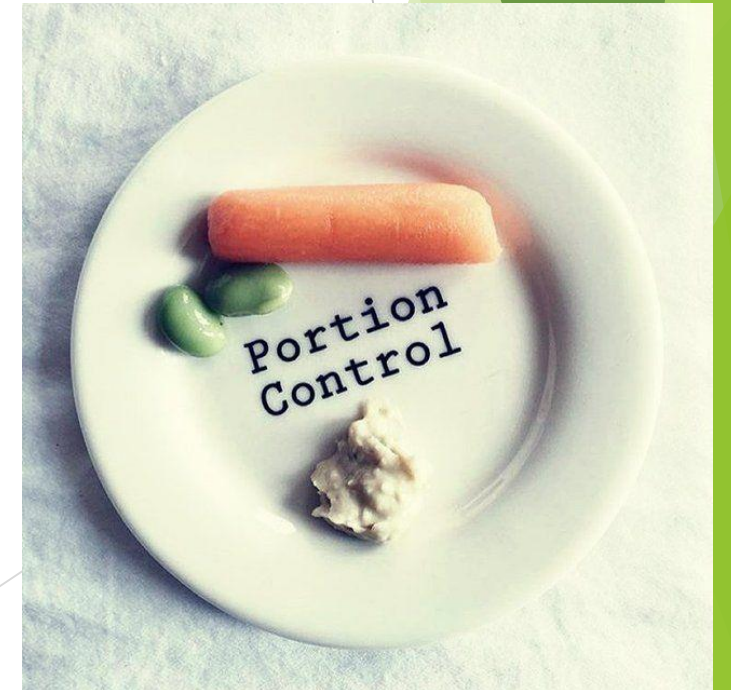
- <10% calories from added sugars
- <10% calories from saturated fats
- <2300 mg salt

Alcohol: women: 1 drink/day
men: 2 drinks/day

Serving Size vs. Portion Size

Serving Size: measured amount of food or drink on nutrition label.

Portion Size: the amount actually eaten by someone.



Complete Proteins

- ▶ Proteins that contain all of the essential amino acids.
- ▶ Examples: milk, meat

Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



Bread



Hummus



Nuts and seeds

Starches

- ▶ Found naturally in some foods
- ▶ Added to other foods as a thickener or as a stabilizer
- ▶ Function: along with sugars, are main source of calories. Breaks down into glucose, which is the primary energy source.

Non-Carbohydrate Categories

- Meats & Protein: beef, chicken, turkey, seafood, eggs, cheese, tofu
- Fats: oils, butter, margarine, sour cream, mayonnaise
- Non-Starchy Vegetables: any vegetable that is bring in color, can be eaten raw, and usually found in a salad
- HOWEVER, large servings of these foods can affect blood sugars and add extra calories to the diet. And, **if any of these non-carb foods are breaded or have a crust, then they have added carbs.** As in anybody's diet, the serving sizes of these foods should be controlled to maintain a healthy diet and weight.

Fiber

► Two types:

1. Soluble: dissolves in water; helps lower cholesterol and blood sugar

Examples: oats, citrus fruits

2. Insoluble: promotes movement of foods through digestive system; helps with regularity

Examples: nuts, wheat bran

Good Fat vs. Bad Fat

► Mono-unsaturated and Poly-unsaturated fats

- lower risk of certain diseases by helping to reduce LDL cholesterol
- contribute Vitamin E to diet
- liquid at room temp and solid when chilled

Examples: olive oil, canola oil, corn oil

► Trans Fats:

Examples: foods processed with partially hydrogenated oil

► Saturated Fats:

Examples: red meat, butter

Trans Fats

- ▶ Natural and artificial
 - Naturally occurring: produced in gut of some animals (cows-milk)
 - Artificially produced through chemical process
 - Cheap
 - Raise LDL and lower HDL cholesterol, triglycerides, c-reactive protein.
 - Function: enhance taste and texture
make foods last longer

Examples of foods with trans fats:

Bacon, frozen pizza, fried fast foods, microwave popcorn.

<https://www.nbcnews.com/health/health-news/trans-fat-ban-saved-lives-new-york-study-shows-n745631>

Poly-Unsaturated Fats

- lower LDL levels
- contribute Vit. A
- provide essential fats: omega-3 & omega-6 fatty acids
- liquid at room temp. but start to solidify when chilled.

Examples: soybean oil, corn oil, sunflower oil, walnuts, sunflower seeds, tofu

<https://healthyforgood.heart.org/eat-smart/articles/polyunsaturated-fats>

Mono-Unsaturated Fats

- lower risk of certain diseases by helping to reduce LDL cholesterol
- contribute Vitamin E to diet
- liquid at room temp and solid when chilled

Examples: olive oil, canola oil, corn oil

Carbs are found in more than just starchy/sweet foods...

► The following food groups all contain carbs:

- Grains
- Fruits
- Milk
- Starchy Vegetables
- Meat (IF it's breaded.)

Changes to the Nutrition Label

RACCs for serving sizes updated to reflect what people are actually eating

Nutrition Facts			
Serving Size 1 cookie (30g)			
Servings Per Container 8			
Amount Per Serving			
Calories	150	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	75mg		3%
Total Carbohydrate	15g		5%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	1g		
Vitamin A	4%	Vitamin C	0%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate 4 • Protein 4

Fiber has been defined

Footnote table goes away and statement changed to explain what DV means

Nutrition Facts	
8 servings per container	
Serving size	1 cookie (30g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat	10g 13%
Saturated Fat	6g 30%
Trans Fat	0g
Cholesterol	25mg 8%
Sodium	75mg 3%
Total Carbohydrate	15g 5%
Dietary Fiber	0g 0%
Total Sugars	10g
Includes 6g Added Sugars	12%
Protein	1g
Vitamin D	0mcg 0%
Calcium	5mg 0%
Iron	1mg 6%
Potassium	35mg 0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Single Size Containers containing less than 200% of RACC must be labeled as Single Serving

Bigger type size for Calories & Serving Size; Calories from Fat removed

Updated DVs for Added Sugars, Sodium, & Fiber

Added Sugars are now required

Vitamins A & C are no longer required, Vitamin D & Potassium have been added as required along with Calcium & Iron

Simple Put...

- ▶ Eat food (not processed food)
- ▶ Not too much (moderation)
- ▶ Mostly plants (promotes health & longevity)

It's All About Choices