

Why do we eat? Food is nutrition for the body!

Nutrition: the science of the substances in food that is essential to life.

The three major functions: 1. Growth 2. Repair 3. Maintenance of all tissues to produce energy

-Categorized into:

1. Micronutrients (water, vitamins, & minerals)
2. Macronutrients (carbs, fats, & proteins)

MACRONUTRIENTS (Macros)

Typical Dietary Recommendations:

Protein: 15-20% Carbs: 55-60% Fats: 25-30%

Proteins: needed for growth, maintenance, & repair of all tissues.

- Meats or meat products (beef, chicken, & lamb)
- Fish and Seafood
- Eggs, Dairy- milk/ yogurt
- Beans, nuts, & soy

Fats: essential component of our diet; most concentrated component of energy (2x cal/gram compared to proteins and carbs)

Saturated and Trans Fats: should be limited

- Meat fat, butter, coconut oil, cottonseed oil
- Fats found in chips, cake, biscuits, etc.

Unsaturated: aim to include these in you diet as they can benefit heart health

- Fish
- Nuts
- Vegetable oils
- Avocados

Carbs: the body's most efficient and preferred source of energy so this macronutrient should make up a lot of our diet (sugars, starches, & fibers)

- Breads, rice, pasta, oats, quinoa, couscous
- Starchy vegetables (potatoes, corn, & pumpkin)
- All other veggies (broccoli, tomato, lettuce, carrots, peas, etc)
- Sugar & honey & fruits
- Beans and pulses (chickpeas, baked beans, & lentils)
- Some dairy foods such as milk & yogurt

Tips for eating carbs:

1. Choose whole-grain breads & cereals for extra fiber and fullness
2. Include a variety of fruits, dairy, veggies, & legumes each day
3. Enjoy treats like cupcakes and chocolate in small amounts

Tips for eating fats:

1. Limit coconut oil (its 92% saturated fat!); use unsaturated oils -olive or canola -instead
2. Cut the fat off meat before you cook it rather than after
3. Snack on nuts as a source of healthy unsaturated fats

Tips for eating proteins: ** 2 legged or no leg animals are the best protein for us!

1. Choose lean meats (chicken, fish, Turkey)
2. Include fish 1-2x/ wk or eat tuna on crackers or in a salad
3. Add chickpeas or lentils to dishes for added protein