• Turn in Self Evals
• Chapter 5 – Personal Nutrition
• Portion Sizes
• How to Read Labels
• Homework Assignment #2
Essential Nutrients: Required but cannot be made by body
- Water
- Proteins
- Carbs
- Fats
- Vitamins
- Minerals
Protein

- **Complete Protein:** Gives us all 9 EAA
- **Incomplete Protein:** Missing at least one EAA
Carbohydrates

• Simple carbs (sugar)
  - Small, easy to digest
• Complex carbs (grains, veggies)
  - Larger, more nutritious
• Fiber
  - Nondigestable
Forms of Fat

- **Saturated**
  - Solid at room temp
  - Heart disease risk

- **Unsaturated**
  - Liquid at room temp
  - Cardiovascular health

- **Trans Fats**
  - Unsaturated fats that have been hydrogenated
  - REALLY BAD!!
Antioxidants

- Remove oxygen free-radicals
- Ex: Vitamins E, C, and beta carotene
- Lowered cancer risk
Trace Minerals: Minute, but crucial!

- Goiter caused by lack of iodine
Calories

• Measure of energy that can be derived from food
• Needs depend on gender, age, body frame, weight, % body fat, and BMR
• Daily needs:
  - Average adult = 2000 cal
  - Most women = 1600 cal
  - Most men = 2200 cal
  - Michael Phelps = 12,000 calories!!
Serving Sizes

1 medium fruit is about the size of a baseball.
1 c cooked vegetables is about the size of your fist.
½ c ice cream is about the size of a racquet ball.
3 oz. of meat is about the size of a deck of cards.
1½ oz. cheese is about the size of six stacked dice.
¼ c dried fruit is about the size of a golf ball.
2 tbs. peanut butter is about the size of a marshmallow.
4 small cookies are about the size of 4 poker chips.

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Fig 5.7, pg 139
Important for Vegetarians

• Eat complementary proteins
• Be careful to get adequate iron, calcium, and vitamin $B_{12}$
• Health benefits!
What is organic?

• What criteria must food meet to be considered “organic”?
Eat locally grown! (Why?)

• Fresher – so it tastes better!
• Better for the soil (small farms = more variety)
• Help the fight against global warming
• Support your local economy
How??

• Go to local farmers’ markets
• Support markets that carry local produce
• Join a CSA

www.localharvest.org
Reading Nutrition Labels

The name and address of the manufacturer, packer, or distributor

The common or usual product name

Approved nutrient claims if the product meets specified criteria

The net contents in weight, measure, or count

Approved health claims stated in terms of the total diet

The serving size and number of servings per container

Calorie information and quantities of nutrients per serving, in actual amounts

Quantities of nutrients as "% Daily Values" based on a 2,000-calorie energy intake

Daily Values reminder for selected nutrients for a 2,000- and a 2,500-calorie diet

Calories per gram reminder

The ingredients in descending order of predominance by weight

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Fig 5.8, pg 141