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Nutrition in a Nutshell





Nutrition in a Nutshell

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- Nutrition basics
- Understanding food labels
- Serving sizes
- Portion control





Nutrition in a Nutshell

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“Americans of all ages are **heavier than ever before**. This trend, along with the aging of the nation’s population, is increasing the risk for heart attack and stroke. Improving the health of Americans through **physical activity** and **good nutrition** must become a national priority.”

– Martha N. Hill, RN, PhD,
Past President, American Heart Association



Importance of Good Nutrition

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Good nutrition

- Provides energy
- Decreases risk of chronic diseases
- Supports a healthy weight

Poor nutrition

- Causes fatigue
- Increases risk of chronic disease
- Hinders a healthy weight





Basic Components of a Healthy Diet

Macronutrients



Fats



Carbohydrates



Proteins

Micronutrients



Vitamins



Minerals



Water



Fats

Dietary fats

- Some fat is essential for survival
- Can be either solid (saturated) or liquid (unsaturated)
- Supplies 9 calories per gram of energy to the body
- Recommended total daily intake for adults: **20-35% of calories**

Types of fat

- Saturated
- Trans Fat
- Unsaturated Fat
 - Monounsaturated
 - Polyunsaturated





Fats

Effects of fat in the diet

- Saturated fat (includes trans fat)
 - Animal fats: whole milk, cheese, butter, meat,
 - Commercial baked goods, fried foods and processed foods
 - **Effect:** Higher total cholesterol
- Unsaturated fat (Polyunsaturated)
 - Vegetable oils: corn, sunflower, sesame, soybean and cottonseed
 - **Effect:** Lower total cholesterol and LDL, higher HDL
- Monounsaturated fat
 - Olive oil, peanut oil, canola oil and nuts
 - **Effect:** Lower total cholesterol, lower LDL, equal HDL

Carbohydrates

Carbohydrates

- Carbohydrates are the macronutrient that we need in the largest amounts
- Your body's main energy source
- Carbohydrates supply 4 calories per gram of energy to the body
- Recommended total daily intake for adults: **45-65% of calories**

Types of carbohydrates

- Simple: sugars
- Complex: starches and fiber



Carbohydrates

Effects of carbohydrates in the diet

Sugars

- Occur naturally (fruit, milk, honey and molasses)
- Can be added to foods (cereal, yogurt, candy and dessert)
- Raise blood sugar

Starches

- Corn, peas, potatoes, yam and squash
- Found in bread, cereal and grains
- Raise blood sugar

Fiber (soluble and insoluble)

- Vegetables, fruits and whole grains
- Isn't digested or absorbed, so it doesn't raise blood sugar
- Helps keep blood sugar from rising too fast
- Keeps cholesterol at a healthy level
- Helps produce feeling of fullness which can prevent overeating
- Helps with regularity



Proteins

- Main component of muscle, organs and glands
- Used for building, maintaining and repairing muscle, skin, blood and other tissues
- Proteins supply 4 calories per gram of energy to the body
- Recommended total daily intake for adults: **10-35% of calories**



Vitamins

Essential to maintain normal body function and metabolism

Two types of vitamins

- Water-soluble vitamins: C and B complex
- Fat-soluble vitamins: A, D, E and K





Minerals

Inorganic compounds naturally occurring in food or added during processing

Two types of minerals:

- Macrominerals: Ca, Mg, Na, K, P, Cl⁻, S
- Trace Minerals: Fe, Mn, Cu, I, Zn, Co, F⁻, Se

Important factors in:

- Physiological processes in the body
- Main components of teeth, bones, tissues, blood, muscle and nerve cells

Water

- Vital for health – makes up about 60% of body weight
- Common water loss occurs through sweating, breathing, urinating and bowel movements
- Dehydration may lead to loss of energy and fatigue
- Signs of dehydration include headache, dry mouth, little or no urination, muscle weakness, dizziness and excessive thirst





Understanding Food Labels

1 Start here

2 Check calories

3 Limit these nutrients

4 Get enough of these nutrients

5 Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	1%
*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
Sat 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

Quick guide to % Daily Value 6

5% or less = low

20% or more = high



Common Food Label Terms

Calorie Free

Fewer than 5 calories

Low Calorie

40 calories or fewer

Reduced Calorie

At least 25% fewer calories than the regular food item

Fat Free

Less than ½ gram of fat

Low Fat

3 grams of fat or less

Reduced Fat

at least 25% less fat than the regular food item

Sodium Free

Fewer than 5 milligrams sodium

Low Sodium

Fewer than 140 milligrams sodium

Very Low Sodium

Fewer than 35 milligrams sodium

Cholesterol Free

Fewer than 2 milligrams cholesterol and no more than 2 grams of saturated fat

High Fiber

5 grams or more fiber

Low Cholesterol

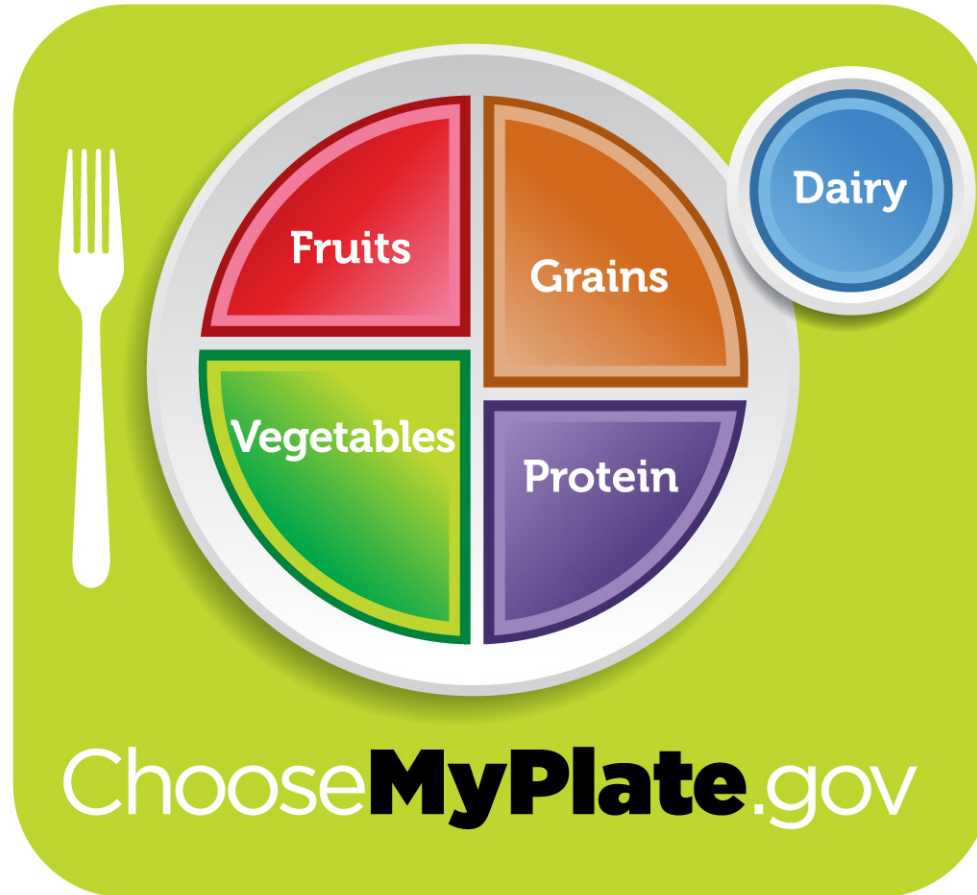
20 milligrams or fewer cholesterol and 2 grams or less saturated fat



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Example: 2,000-Calorie Diet

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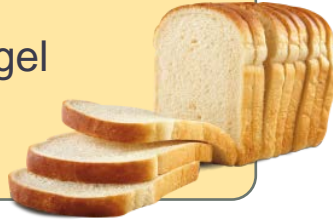
GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
6 oz. per day	2½ cups per day	2 cups per day	3 cups per day	3-5½ oz. per day
				

Note: Your personal nutritional needs may vary.
Visit **ChooseMyPlate.gov** to learn more!

Serving Size Pointers

Breads, cereals, rice, pasta, and other grains group

- 1 slice bread or 1/2 bagel
- 1 cup cereal
- 1/2 cup cooked rice



Meat, chicken, fish, dry beans and peas, eggs, and nuts group

- 3 – 5 1/2 ounces lean meat, chicken or fish



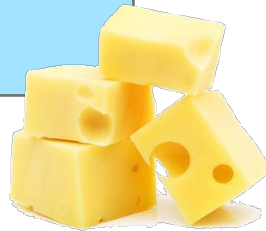
Fruit and vegetable groups

- 1 medium fruit
- 1/2 cup vegetable



Dairy group

- 1 ounce cheese



Fats, oils, and sweets group

- Use sparingly; a teaspoon of margarine or butter





Portion Control

Tips for developing proper portion control:

- Use smaller dishes at meals
- Never eat out of a bag or carton
- Ask for half or smaller portions
- Share dessert
- Choose foods packaged in individual serving sizes
- Do not keep plates of food on the table; you are more likely to have a second serving





Wellness Tips

- ✓ Maintain a healthy weight
 - ✓ Limit fat intake
- ✓ Enjoy whole grains, fruits and vegetables
 - ✓ Eat regular meals
 - ✓ Avoid excess sugar
 - ✓ Drink plenty of water
 - ✓ Read food labels
 - ✓ Limit sodium in your diet
- ✓ Exercise most days of the week
 - ✓ Limit cholesterol
 - ✓ Control portion sizes
- ✓ Find out how many calories you need



BCBSTX Resources

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Well onTarget[®]:

- Health Assessment
- Self-management programs
- Trackers
- Coaching

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/well-ontarget>

Weight Management:

- Real Appeal[®]
- Naturally Slim[®]

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/weight-management-programs>





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Thank you! Questions?

