



# HealthSelect<sup>®</sup> of Texas<sup>®</sup>

CONSUMER DIRECTED  
**HealthSelect<sup>™</sup>**



# Nutrition in a Nutshell





# Nutrition in a Nutshell

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>of Texas</sup>

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





# Nutrition in a Nutshell

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

“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

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

## 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<sup>-</sup>, S
- Trace Minerals: Fe, Mn, Cu, I, Zn, Co, F<sup>-</sup>, 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** →

<b>Nutrition Facts</b>	
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	4%
*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

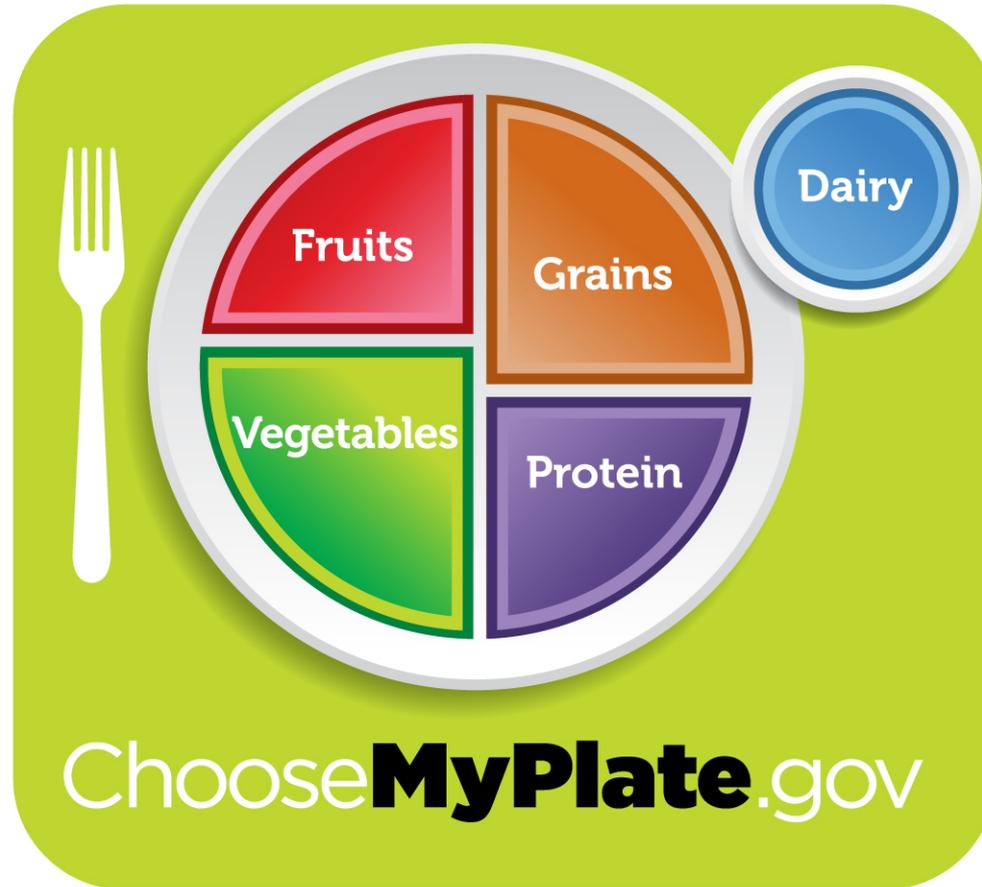
20 milligrams or fewer cholesterol and 2 grams or less saturated fat



# ChooseMyPlate.gov

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect



# Example: 2,000-Calorie Diet

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect

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
				

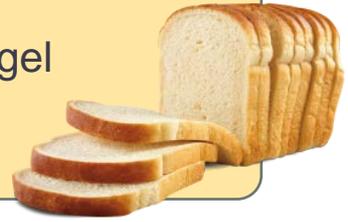
**Note:** Your personal nutritional needs may vary.  
Visit **ChooseMyPlate.gov** to learn more!



# Serving Size Pointers

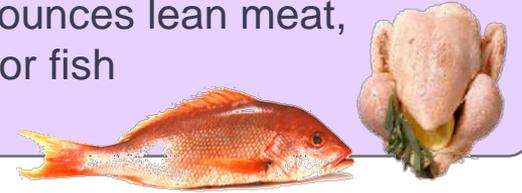
**Breads, cereals, rice, pasta, and other grains group**

- 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



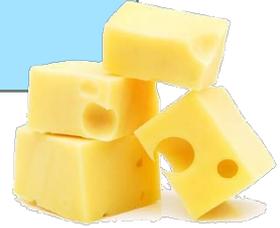
**Fats, oils, and sweets group**

- Use sparingly; a teaspoon of margarine or butter



**Dairy group**

- 1 ounce cheese





# Portion Control

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>®</sup>

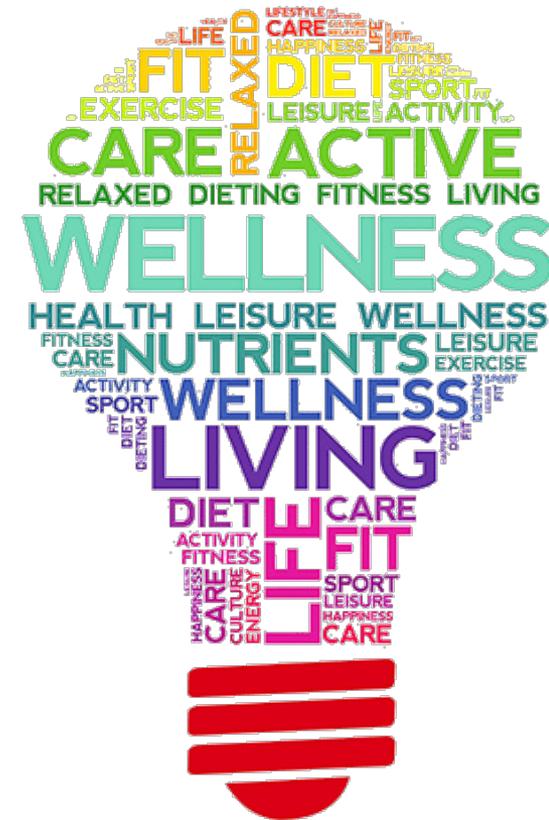
## Tips for developing proper portion control:

- 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

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

## Well onTarget<sup>®</sup>:

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

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

## Weight Management:

- Real Appeal<sup>®</sup>
- Naturally Slim<sup>®</sup>

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





**HealthSelect** of Texas<sup>®</sup>

CONSUMER DIRECTED  
**HealthSelect**<sup>SM</sup>

**Thank you! Questions?**

