

Ideas	Notes
<p data-bbox="203 352 397 384">Balance is Key</p> 	<p data-bbox="483 352 1386 453">For years, people held to the idea that there are "bad nutrients" and "good nutrients." However, you need a balance of both nutrients to be healthy.</p> <ul style="list-style-type: none"> <li data-bbox="532 495 992 632">● The food pyramid is made up of <ul style="list-style-type: none"> <li data-bbox="630 531 781 558">○ Balance</li> <li data-bbox="630 569 769 596">○ Variety</li> <li data-bbox="630 606 821 634">○ Moderation</li> </ul> </li> <li data-bbox="532 680 548 707">●</li> </ul>
<p data-bbox="203 800 358 863">Six types of nutrients</p> 	<ul style="list-style-type: none"> <li data-bbox="532 800 773 827">● Carbohydrates</li> <li data-bbox="532 837 688 865">● Proteins</li> <li data-bbox="532 875 639 903">● Fats</li> <li data-bbox="532 913 695 940">● Vitamins</li> <li data-bbox="532 951 695 978">● Minerals</li> <li data-bbox="532 989 659 1016">● Water</li> </ul> <p data-bbox="483 1052 943 1079">Provide the energy for your body to</p> <ul style="list-style-type: none"> <li data-bbox="532 1089 651 1117">- Grow</li> <li data-bbox="532 1127 695 1155">- Function</li> <li data-bbox="532 1165 672 1192">- Repair</li> <li data-bbox="532 1203 639 1230">- Fuel</li> </ul>
<p data-bbox="203 1262 285 1289">Carbs</p> 	<ul style="list-style-type: none"> <li data-bbox="532 1262 1403 1572">● Carbohydrates <ul style="list-style-type: none"> <li data-bbox="630 1297 1403 1325">○ Provide energy for your body to be used during exercise</li> <li data-bbox="630 1335 927 1362">○ 4 calories per gram</li> <li data-bbox="630 1402 1114 1430">○ Food with 10g carbs = 40 calories</li> <li data-bbox="630 1440 1279 1467">○ 55% - 60% of calories should come from carbs</li> <li data-bbox="630 1478 1065 1505">○ 15% or less from simple carbs</li> <li data-bbox="630 1545 1040 1572">○ 40-50% from complex carbs</li> </ul> </li> </ul>
<p data-bbox="203 1612 380 1640">Simple Carbs</p> 	<ul style="list-style-type: none"> <li data-bbox="532 1612 1354 1892">● Simple Carbs <ul style="list-style-type: none"> <li data-bbox="630 1648 1354 1711">○ Molasses, honey, sugars, etc. Fruits, Juices, Yogurt, Candy, Soda, Jelly <ul style="list-style-type: none"> <li data-bbox="727 1753 1036 1780">■ Some simple sugars</li> </ul> </li> <li data-bbox="630 1791 1154 1818">○ Monosaccharides and Disaccharides <ul style="list-style-type: none"> <li data-bbox="727 1860 1247 1887">■ Fructose, Lactose, Maltose, Sucrose</li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ High in calories, low nutrition</li> </ul>
<p><b>Complex Carbs</b></p> 	<ul style="list-style-type: none"> <li>● 40-50% of energy</li> <li>● Found in Whole grain bread, cereals, pasta, rice, vegetables <ul style="list-style-type: none"> <li>○ Excellent source of fuel for the body</li> <li>○ Rich in vitamins, minerals, and fiber</li> </ul> </li> </ul>
<p><b>Fiber</b></p> 	<ul style="list-style-type: none"> <li>● Tough stringy part of vegetables, fruits, and grains <ul style="list-style-type: none"> <li>○ Important to help move waste through the digestive system <ul style="list-style-type: none"> <li>■ Prevents constipation</li> <li>■ Reduces the risk of colon cancer</li> <li>■ Reduces Cholesterol levels</li> </ul> </li> </ul> </li> <li>● Celery, Fruits/Veggies, Leaves, Stems</li> </ul>
<p><b>Proteins</b></p> 	<ul style="list-style-type: none"> <li>● Nutrients that help your body grow and repair</li> <li>● 4 Cal per gram</li> <li>● 10g protein = 40 calories <ul style="list-style-type: none"> <li>○ 12-15% of total calories should come from protein</li> </ul> </li> <li>● Protein comes from animal and plant sources</li> <li>● Meat, fish, eggs, poultry, dairy, legumes, nuts, seeds <ul style="list-style-type: none"> <li>○ Provides Energy</li> <li>○ Help to build, maintain, and repair body tissues</li> </ul> </li> <li>● Proteins are made up of chemicals called amino acids.</li> <li>● There are 20 amino acids</li> <li>● 11 are made in the body <ul style="list-style-type: none"> <li>○ 9 are essential, obtained from food</li> </ul> </li> </ul>
<p><b>Complete vs. Incomplete protein</b></p>	<ul style="list-style-type: none"> <li>● Complete proteins contain all the essential amino acids <ul style="list-style-type: none"> <li>○ Soy is only complete protein from plants</li> </ul> </li> <li>● Mostly meat and dairy products</li> </ul>

	<ul style="list-style-type: none"> <li>● Incomplete proteins must be eaten in combination with each other to make a complete protein. Beans are often eaten with corn tortillas to make a complete protein.</li> </ul>
<p>Fats</p> 	<ul style="list-style-type: none"> <li>● 9 calories per gram</li> <li>● Twice the amount of energy in carbs and proteins <ul style="list-style-type: none"> <li>○ No more than 30% of your total calorie intake should be from fat.</li> <li>○ Fats can come from both animal and plant sources</li> <li>○ Can be classified in saturated or unsaturated</li> </ul> </li> </ul>
<p>Saturated Fats</p> 	<ul style="list-style-type: none"> <li>● Mostly animal sources</li> <li>● Bacon, Hamburger fat, Butter</li> <li>● These types of fats are most strongly linked to high cholesterol and increased risk of heart disease.</li> </ul>
<p>Unsaturated Fats</p>  <p>Choose more unsaturated fats and fewer saturated fats.</p>	<ul style="list-style-type: none"> <li>● Come mostly from plants such as corn, soybeans, olives, and peanuts</li> <li>● Liquid at room temperature</li> </ul>
<p>Vitamins</p> 	<ul style="list-style-type: none"> <li>● Vitamins are classified as "fat-soluble" or "water-soluble"</li> <li>● Fat-soluble vitamins <ul style="list-style-type: none"> <li>● A, D, E, K</li> <li>● Should be taken at recommended levels to prevent adverse side effects that can occur with taking too much.</li> </ul> </li> <li>● Water-soluble vitamins include B-complex vitamins and vitamin C. Too much can be excreted in urine</li> <li>● Adverse side effects less common when taking water-soluble vitamins</li> </ul>
<p>Minerals</p>	<ul style="list-style-type: none"> <li>● Nutrients that help regulate cell activity</li> <li>● 25 needed for proper body function</li> <li>● Common supplements are calcium and iron</li> </ul>

