

Chapter 8 – Food and Nutrition

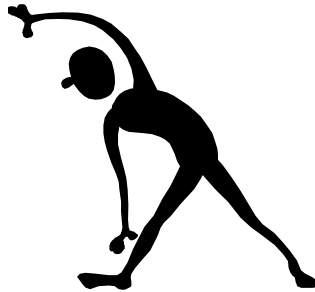
8.1 Carbohydrates, Proteins and Fats

Food supplies your body with _____, substances that the body needs for

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There are ____ nutrients that the body needs.

Food Supplies Energy!!!



Metabolism is the process

The energy released when metabolism breaks down food is _____

The more _____ a food has the more _____ it contains!!!!!!



Carbohydrates

The body's main source of energy! _____ of your daily food intake should come from carbohydrates. On a 2000 calorie per day diet, that equals _____ calories or _____ grams of carbs per day.

FOOD LABELS SHOW AMOUNTS IN GRAMS! HOW DO YOU FIND GRAMS OF CARBS?

FORMULA: total daily calories x .6 = _____ (60%)

_____ /4 (calories per gram) = _____ total grams of carbs

- **Simple Carbohydrates**

Examples of simple carbs:

- **Complex Carbohydrates**

Examples of complex carbs

- Fiber is a type of _____ that is found in _____.

High fiber diets

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Carbohydrates break down into _____. Stores of _____ that are not used as energy get stored in the body as _____!!!!!!



Fats

Fats supply your body with _____, _____ your cells, _____ body temperature, and protect your _____.

- Unsaturated fats are _____ at room temperature and come from _____ sources.

Examples of unsaturated fats:

- Saturated fats are _____ at room temperature and come from _____ sources.

Examples of saturated fats:

You get a lot of energy from fats! _____ of your daily food intake should come from good fats. On a 2000 calorie per day diet, that equals _____ calories or _____ grams of fats per day.

FOOD LABELS SHOW AMOUNTS IN GRAMS! HOW DO YOU FIND GRAMS OF FATS?

FORMULA: total daily calories x .25 = _____ (25%)

_____ /9 (calories per gram) = _____ total grams of fats

_____ is a waxy, fatlike substance that is found in animal products.

Some **LDL** is good and aids the body systems. Bad **HDL** (usually animal fats) can deposit in the arteries and build up over time.

Trans fats are made when manufacturers add hydrogen to _____. This makes the liquid

a _____ at room temperature. **A.K.A. HYDROGENATED!!!**





PROTEIN

The most important function of proteins is

There are _____ total amino acids that your body needs on a daily basis.

- **There are 11 that our bodies can make on their own.**
- **Essential Amino Acids - _____ amino acids that we have to get in our food.**
 - Complete protein –

 - Incomplete protein -

Explain what vegetarians have to do to make sure they get enough protein:

Proteins help your body grow and repair! _____ of your daily food intake should come from good protein. On a 2000 calorie per day diet, that equals _____ calories or _____ grams of protein per day.

FOOD LABELS SHOW AMOUNTS IN GRAMS! HOW DO YOU FIND GRAMS OF PROTEIN?

FORMULA: total daily calories x .15 = _____ (15%)

_____ /4 (calories per gram) = _____ total grams of protein

8.2 Vitamins, Minerals and Water



- Nutrients that are made by _____, are required only in _____, and that assist many _____ in the body are **vitamins**.

Two classes of vitamins:

- Fat-Soluble: _____

Examples of fat-soluble vitamins:

- Water-Soluble: _____

Examples of water-soluble vitamins:

Vitamins called _____ help protect healthy cells from the damage caused by the normal aging process as well as from certain types of cancer.



Your body requires only small amounts of _____, which are nutrients that occur naturally in _____ and _____.

You need _____ minerals in significant amounts:

MINERAL	GOOD SOURCES	MAIN FUNCTION
CALCIUM	<i>Milk products; dark green, leafy veggies; tofu; legumes</i>	
PHOSPHORUS	<i>Meat; eggs; poultry; fish; legumes; milk products</i>	
MAGNESIUM	<i>Leafy green veggies; legumes; nuts; whole-grain food</i>	
SODIUM	<i>Table salt; processed food; soy sauce</i>	
CHLORINE	<i>Table salt; processed food; soy sauce</i>	
POTASSIUM	<i>Veggies; fruit; meat; poultry; fish</i>	
SULFUR	<i>Milk products; meat; poultry; fish; legumes; nuts</i>	

Anemia occurs when the body is lacking what mineral? _____



WATER!!

About _____% of your body weight is water. Nearly all of the body's _____, including those that produce energy and build new tissues, take place in a _____.

Homeostasis:

Electrolytes:

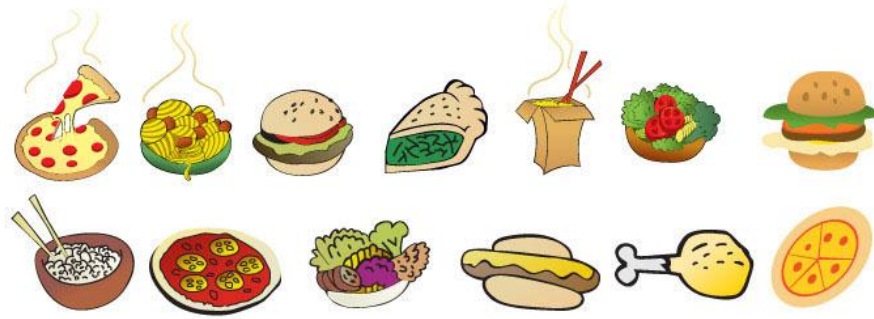
Dehydration:

You should consume ½ of your body weight in ounces of water every day!!!!!!!

Example: 120 pounds = 60 ounces of water per day

(that's 4 bottles of Aquafina!!)

8.3 Guidelines for Healthy Eating



The ***Dietary Guidelines for Americans*** is a document developed by nutrition experts to promote health.

The *Dietary Guidelines* provide information on how to

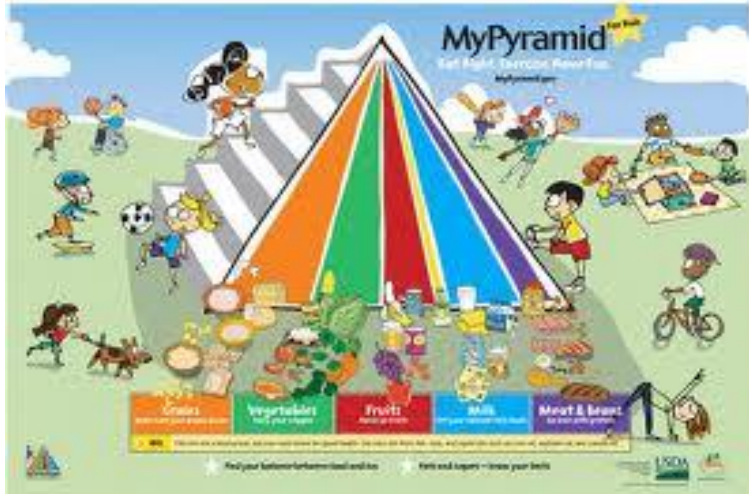
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The *Dietary Guidelines* recommend that teenagers be active for _____ minutes most days.

To get the most out of your calories, you should choose foods that are _____ - _____.

Examples:

FOOD PYRAMID



Teenagers should get most of their daily calorie intake from _____.

_____ should be consumed in minimal amounts.

Food Groups:

Grains: Make _____ of your grains _____. Look for the word “whole” before the name of the grain

Vegetables: Focus on _____, leafy vegetables

Fruits: Eat a variety of fruits. _____ your _____.

Milk: Choose _____ - _____ or _____ - _____ when consuming milk, yogurt or cheese.

Meat, and Beans: Choose low-fat or _____ and _____.

Examples include: