

# **Growing Healthy Families**

## **Module 3: Finding Nutritious Foods**

# Module 3 Objectives

- **Identify the basic nutrients the body needs, why they are important, and which food groups provide them**
- **Introduce MyPlate as a way to include all nutrients in the diet**

# What are nutrients anyway?

- **Nutrients are chemical substances found in foods that help maintain and restore the body's functions.**
- **They provide energy, maintain or repair cells and keep the body working normally.**
- **There are two types of nutrients:**
  - **Energy Nutrients**
  - **Helper Nutrients**

# Energy Nutrients

- **Carbohydrates**
- **Fats**
- **Protein**

# Protein

- 1 Gram = 4 calories
- Builds cells
- Repairs damaged tissue
- Provides hormones and antibodies to fight infection
- Forms enzymes for digestion
- Complete proteins contain all of the essential amino acids for the body to function
  - Found in meat, fish, eggs and dairy products



# Complementary Protein

- **Beans, rice, bread, corn, nuts and certain other foods contain some of the amino acids for complete proteins but not all, so they are called incomplete proteins.**
- **Combine 2 of these foods to make a complete protein.**
- **Instead of meat, you can have a bean burrito or a peanut butter sandwich and get all the protein you need!**

# Carbohydrates

- **1 Gram = 4 calories**
- **Sugar, Starches and Fiber**
- **Major source of energy for the body**
- **Complex carbs can give feelings of fullness**
  - **Whole grains, fruits and vegetables**
- **Simple carbs become simple sugar and can cause weight gain**
  - **White rice, white bread and sugar**
- **Simple carbs can slow the digestive system**

# Carbohydrates

- **Complex carbohydrates provide fiber, better energy and more feelings of fullness than simple carbohydrates.**
  - **Whole grains**
  - **Fruits and vegetables**
  - **Brown rice**
- **Simple carbohydrates turn into simple sugar in the body.**
  - **White bread**
  - **White rice**
  - **Items made with white flour**
- **Simple carbohydrates:**
  - **Have more calories**
  - **Slow the digestive system**




















# Fats

Protein 1 Gram = 4 calories  
Carbohydrates 1 Gram = 4 calories  
**Fat 1 Gram = 9 calories**

- Supply essential fatty acids
- Aid in growth
- Cushion organs
- Maintain body temperature,
- Promote healthy skin,
- Carry fat-soluble vitamins
- Regulate metabolism
- You **MUST** have fat in your diet—just not too much!

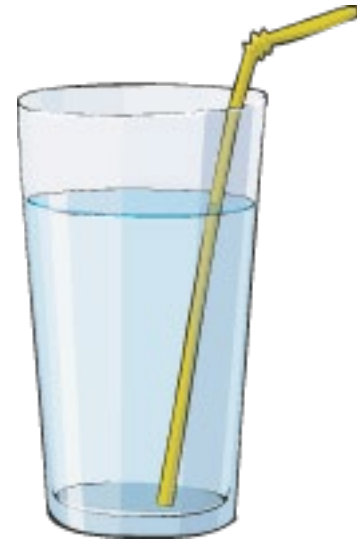


# Answers to Energy Nutrients Provide Calories: Fill-in-the-Blank

<p><b>Protein</b> 1 Gram = 4 calories</p> 	<p><b>Build cells</b></p> 	<p><b>Repairs damaged tissue</b></p> 	<p><b>Provides hormones and antibodies to fight infection</b></p> 	<p><b>Forms enzymes for digestion</b></p> 
<p><b>Fat</b> 1 Gram = 9 calories</p> 	<p><b>Provides essential fatty acids for growth</b></p> 	<p><b>Cushions organs and keeps skin and hair healthy</b></p> 	<p><b>Maintains body temperature</b></p> 	<p><b>Regulates &amp; balances metabolism</b></p> 
<p><b>Carbohydrates:</b> Sugar, Starches, Fiber 1 Gram = 4 calories</p> 	<p><b>Major source of energy for body</b></p> 	<p><b>Complex carbs can give feelings of fullness</b></p> 	<p><b>Simple carbs become simple sugar and can cause weight gain</b></p> 	<p><b>Simple carbs can slow digestive system</b></p> 

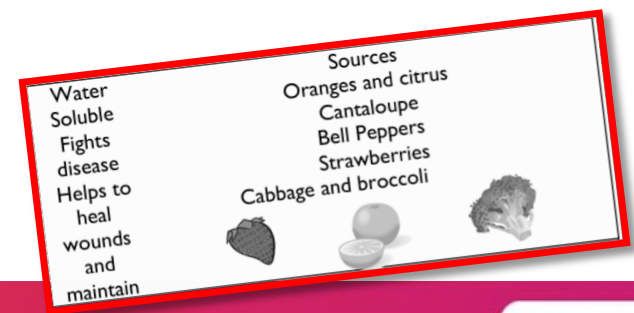
# Helper Nutrients

- **Helper Nutrients: help the body function.**
  - **Minerals**
  - **Vitamins**
  - **Water**



# Vitamin & Mineral Matching Game!

- Take the cards out of the bag.
- Your task is to match the word to its correct definition.
- When we are all done, I will give you the correct answers.
- The first group that finishes with all or the most correct answers wins!
- And the answers are...



# Answers to Helper Nutrient Match!

Fat Soluble Vitamins	Usually remain in heated and open foods and are stored in liver so do not need to be replaced every day
Water Soluble Vitamins	Tend to cook away when heated or left open in the air, and the body requires foods that provide them on a daily basis as they are not stored in the body
Vitamin A,	Fat Soluble, promotes growth, good vision, bones, and skin, and helps heal wounds Sources are yellow, orange and green fruits, and vegetables Considered an antioxidant
Vitamin D,	Fat Soluble, needed to make strong bones and teeth Produced naturally in the skin Sources are sunshine milk (as additive), found in fatty fish, liver, eggs, and butter
Vitamin E	Fat Soluble, helps preserve cell tissues Protects red blood cells and lungs Is an antioxidant Sources are whole grains and vegetable oils
Vitamin B complex: Thiamin (vitamin B1), riboflavin (vitamin B2), vitamin B6, vitamin B12, folate, biotin, niacin and pantothenic acid.	Water Soluble, are needed for healthy skin, good vision, a healthy nervous system and the formation of red blood cells
Vitamin C	Water Soluble, Is an antioxidant and helps fight disease Helps to heal wounds and maintain healthy blood vessels Stimulates immune system to prevent infection Sources are citrus fruits, cabbage, kales, broccoli, bell peppers, black currants, and turnip greens
Mineral: Calcium	In all bones and teeth, regulates body systems, promotes nerve transmission and functions in muscle contraction Major source is milk and milk products
Mineral: Iron	Combines with protein to form red blood cells and carry oxygen Helps immune system resist infection and enzymes to release energy to body Sources are milk, meat, leafy green vegetables, and whole grains
Mineral Sodium	Important for fluid balance in body Contributes to nerve stimulation and muscle contraction Sources are salt, baking soda, celery, milk, eggs, poultry, and fish
Mineral Potassium	Important for protein and carbohydrate metabolism Helps in water balance and transmits nerve impulses Sources are vegetables, fruit juices, and fruits, especially bananas and tomatoes
Water	One of the nutrients necessary to human life, Needed for metabolic activity within cells and transportation of nutrients and waste products Sources are most foods found in nature and water and fruits and vegetables are a major source

# The Food Guide Pyramid

A Guide to Daily Food Choices

## KEY

● Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fat and added sugars in foods.

Fats, Oils, & Sweets  
**USE SPARINGLY**

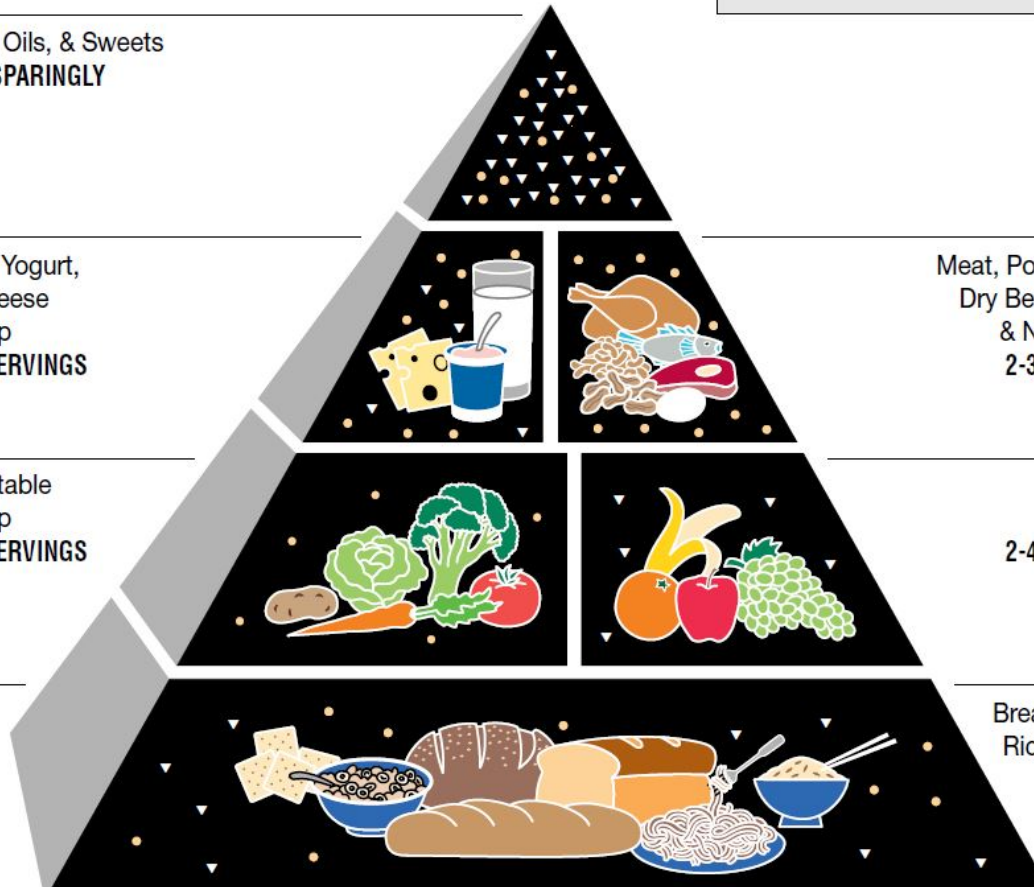
Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

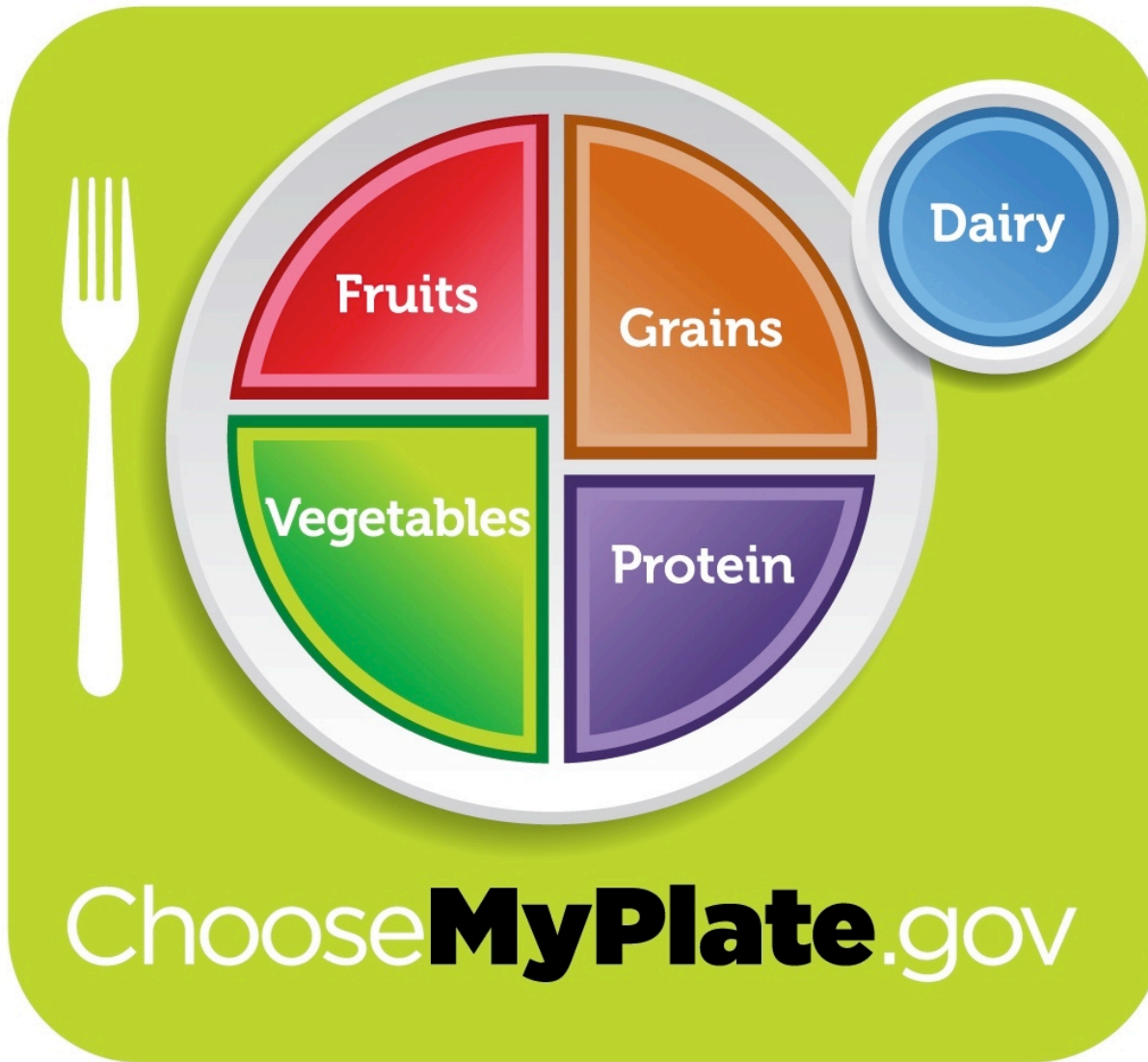
Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11  
SERVINGS**



# MyPlate

- **Replaces the Food Guide Pyramid**
- **Simple to learn and use**
- **MyPlate activity:**
  - **Each group will take a MyPlate diagram.**
  - **Draw areas in each section that indicate amounts of food. Then choose for each section one of the following words:**
    - Fruits
    - Vegetables
    - Dairy
    - Protein
    - Grains



# MyPlate

**New  
Guidelines  
for Planning  
Your Meals**



# Infants

- **Infants under 6 months receive all their nutrients from breast milk or formula.**
- **After 6 months you can begin providing additional foods to supplement the breast milk or formula.**
- **Ask your doctor or health department for a list of foods for babies and when they should be introduced.**

# Infants

- **Remember to introduce one food at a time and wait 3-4 days before introducing another food.**
- **If the baby becomes extremely fussy, develops a rash or redness or diaper irritation after a food is introduced, discontinue and provide it again in another month or two. Sometimes a baby needs longer for his stomach to develop.**

# Summary

## We Discussed:

- **Nutrients**
  - **What they are**
  - **Which foods provide them**
- **MyPlate**
  - **How to use it to plan meals**
  - **How to use it to control portion sizes**

**This information can guide you in providing a healthy diet for your family.**

