



# An Apple a Day

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# Nutrition

**Nutrition** is how the body uses food to stay healthy.

Good nutrition means that the body gets enough of the foods it needs to stay healthy.

Poor nutrition means that the body is not getting the food it needs.



# Carbohydrates (Carbs)

Carbohydrates give the body energy. Very active people need more carbohydrates. There are two types of carbohydrates: simple and complex. Simple carbohydrates give us quick energy. Complex carbohydrates give us energy that lasts longer.

Simple carbs have lots of sugar and give us quick energy



Complex carbs give us energy that lasts longer

# Proteins

Proteins help the body and muscles grow.

Everyone needs proteins for strong muscles and to heal the body. Children need more proteins because their bodies and minds are still growing.

Most people eat enough protein



Sources of protein include meats, beans, dairy, and eggs.

# Fats



Sources of fat include cream, cheese, fried foods, and lard.

The fats in food give the body energy, but only after the body uses the energy it gets from carbohydrates.

Fat is also the way the body stores energy for later. Everyone needs some fats from food.

Most people eat too much fat.

# Fiber (Dietary Fiber)

Fiber helps food move through the body. Fiber also helps the body get rid of waste.

You need to drink a lot of water with fiber to make it work well. Fiber can prevent some kinds of cancer.

Fiber also makes you feel full, so you will not eat too much. Most people do not eat enough fiber.



Sources of fiber include whole wheat bran, fruits, and vegetables.



# Vitamins

**Other types of nutrients are vitamins and minerals.**

## Vitamins

You need many kinds of vitamins to stay healthy. Some vitamins help the body fight common problems like colds, flu, and infections. Other vitamins help make bones, teeth, skin and eyes healthy. Ask your doctor what vitamins you need.

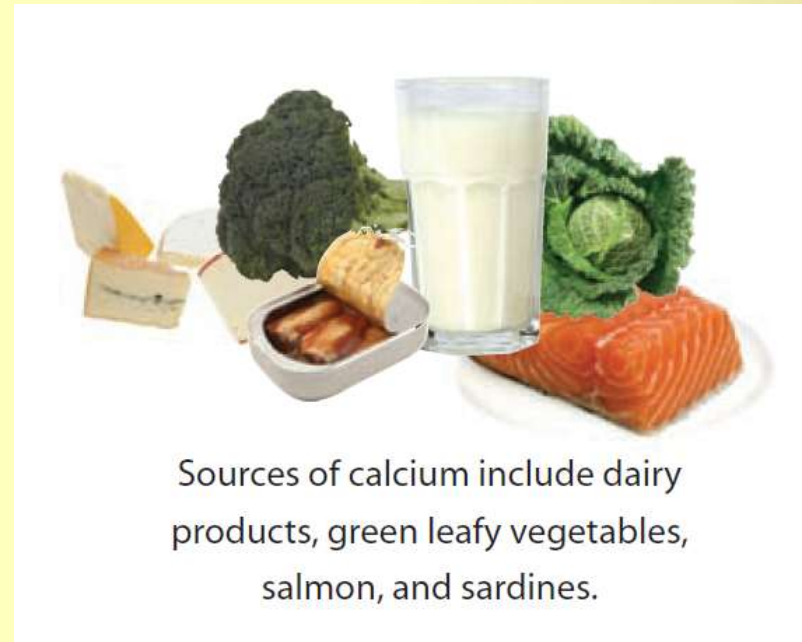


Sources of vitamins include fruits, vegetables, and other foods.

# Calcium

Calcium is a mineral.

It helps build strong bones.



Sources of calcium include dairy products, green leafy vegetables, salmon, and sardines.

Many people, especially women do not get enough calcium.



# Iron

## Iron

Iron helps the blood do its job better. Blood takes oxygen and other nutrients around to all parts of the body. If you do not have enough iron, your blood gets weak and cannot work well. Most people get enough iron. Pregnant women often need more iron.



Sources of iron include red meat, dried beans, dried fruit, eggs, salmon, tuna, spinach, and dandelion greens.

# Sodium (Salt)

## Sodium (salt)

**Sodium** is another word for salt. Foods that taste salty have a lot of sodium. Foods that make you thirsty probably have a lot of sodium. Most people eat too much sodium (salt).





Sources of sodium include soy sauce, pizza, frozen foods, and canned soups.


# Serving Size


## 1 Serving Looks Like . . .


### GRAIN PRODUCTS

1 cup of cereal flakes = fist 

1 pancake = compact disc 


$\frac{1}{2}$  cup of cooked rice, pasta, or potato =  $\frac{1}{2}$  baseball 


 1 slice of bread = cassette tape

1 piece of cornbread = bar of soap 

## 1 Serving Looks Like . . .


### VEGETABLES AND FRUIT

1 cup of salad greens = baseball 

 1 baked potato = fist


1 med. fruit = baseball


$\frac{1}{2}$  cup of fresh fruit =  $\frac{1}{2}$  baseball 

  $\frac{1}{4}$  cup of raisins = large egg


## 1 Serving Looks Like . . .

### DAIRY AND CHEESE

  $1\frac{1}{2}$  oz. cheese = 4 stacked dice or 2 cheese slices


$\frac{1}{2}$  cup of ice cream =  $\frac{1}{2}$  baseball 

### FATS


1 tsp. margarine or spreads = 1 dice 

## 1 Serving Looks Like . . .

### MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards 

3 oz. grilled/baked fish = checkbook 

 2 Tbsp. peanut butter = ping pong ball





# Sample label for mac & cheese

**1 Start Here** →

This package has enough for 2 people to have 1 serving. The serving size is 1 cup.

**2 Check Calories**

Each serving has 250 calories. 110 of those 250 calories are from fat.

**3 Limit these Nutrients**

It's easy to get too much fat, too much salt, and too many carbs.

**4 Get Enough of these Nutrients**

It's hard to get too many vitamins and minerals!  
This food is rich in calcium.

**5 Footnote**

This section explains more about Nutrients and fiber listed above.

Most people need less than

65 g of fat a day
300 mg of cholesterol a day
2,400 mg of salt a day
350 g of carbohydrates a day

## Nutrition Facts

**Serving Size 1 Cup (228g)**  
**Servings Per Container 2**

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**Amount Per Serving**

**Calories 250**      **Calories from Fat 110**

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	% Daily Value*
<b>Total Fat</b> 12 g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470 mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

Percentage 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

**How many calories?**  
250

**How many calories are from fat?** 110

**What percent of calories comes from fat?** 44%

Less than 1/3 (33%) of your calories should come from fat.

**6 Quick Guide to % DV**

5% or less is Low

20% or more is High

The percentage (%) daily value (DV) tells how much of the nutrient one serving of food contains compared to what is recommended for the whole day.  
For example: 20% calcium is 1/5 of how much calcium you need each day.

Thank you for coming!

