

Sept 19, 2019

1) Eating for Wellness cont

- finish problems with eating
- 6 Major Nutrients



Warm-Up

andReveal-C calories of added sugars the
typical American consumes each day
(approximately 24 tsps)

Test next week on Wellness!!

5. Too much sodium

The recommended intake of sodium is 2300mg/day

We consume sodium mostly in the form of table salt (adding it to food for flavor) and in the processed foods we eat.

The top sodium foods in most peoples diet are bread, rolls, cold cuts and deli meats, pizza, soups, cheese, chips, pretzels, popcorn.

Restaurants are salt mines i.e. a breakfast biscuit with egg and sausage has 1200mg of sodium, big mac meal at mcdonalds 1210mg

6. Too much food overall (i.e. calories)



Males between 2300 and 2500 calories/day

Females between 1750 and 1900 calories/day

(depends on how active you are and your age)

The Big Mac Meal from McDonalds = 1090 calories

Canada's New Food Guide



Your body is a machine that needs fuel.

We need to think as food as fuel for our body.

This fuel should have the 6 major nutrients

carbohydrates

proteins

fats

vitamins

minerals

water

Carbohydrates

Carbohydrates are the major source of energy for our body. They should be 45 to 65 % of our daily calorie intake.

Choose more complex carbohydrates (potatoes, rice, whole grains, beans, vegetables) and less simple carbohydrates (sucrose, fructose, corn syrup, molasses, honey). Some simple carbohydrates are good those that come naturally from fruit and milk, but we want to limit the added sugars that come from soft drinks, cakes, cookies, pies, candy etc.

Proteins



Protein is used to build and repair tissue, maintain chemical balance, and regulate the forming of hormones, antibodies and enzymes.

You can determine your daily protein need in grams by taking your weight x 0.36

Most people meet or exceed their need for protein daily.

Sources of protein are meat, fish, chicken, eggs, milk, beans, pasta, rice etc