

# Sept 20, 2019


1) Eating for Wellness cont

- 6 Major Nutrients



## Warm-Up



 % of the fat intake Canadians consume comes from items such as pizza, sandwiches, hamburgers and hot dogs.

**Test next Thurs on Wellness!!**

# Fats



See Table 11-3 for an explanation and examples of each type of fat

# Vitamins



They are vital to life but only required in small doses.

There are two categories

Fat-Soluble = Vitamins A,D,E and K

Water-Soluble = Vitamin C and the B complex

# Minerals

There are two types

Macrominerals : needed in large doses

i.e. calcium, phosphorous, magnesium, potassium, sodium

microminerals

Trace Minerals : needed in small doses

i.e. iron, zinc, copper, iodine, fluoride, selenium

# Water

Often called the forgotten nutrient. However is it the most important nutrient because it is the transport system for the rest of the nutrients to move around your body.

How much water do you think you should drink in a day?

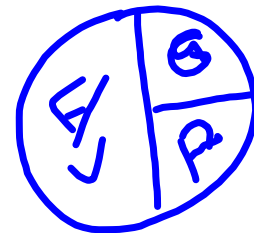


## A well-balanced diet

Eating healthy means having a wide variety of foods, some in moderation throughout the week. There are no forbidden or bad foods, just bad eating habits. Eating should remain one of life's pleasures.

MyPlate replaces the food pyramid and gives you an idea what a balanced meal looks like.

~~Refer to handout and Figure 11-1.~~



## Making Positive Changes

All this information can be overwhelming and confusing, but here are 5 techniques that can make it simpler.

1. Switch to low-fat or non fat cheeses and dairy
2. Eat whole grain breads
3. Eat a variety of fruits and vegetables with every meal
4. Use low calorie or non fat salad dressings
5. Take the skin off your chicken.