

HEALTHY EATING

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Seven major
classes of food
based on their
nutrient
properties:

Carbohydrates - These are energy-giving nutrients found in potatoes, rice, wheat, maize, and other starches.

Proteins - These are bodybuilding nutrients found in meat, legumes and dairy products.

Fats - These are found in nuts and fruits like avocados.

Seven major classes of food based on their nutrient properties

Fiber - These are necessary for digestion and are found in fruits and vegetables.

Minerals - These are necessary for improving bodily functions and are found in most foods, fruits, and vegetables

Vitamins - These boost immunity and are found in fruits and vegetables.

Water - This is used in the creation of bodily fluids and is found in fruits, juices, and other liquids.

FOOD WITH EXAMPLES AND FUNCTIONS

There are seven major classes of food based on their nutrient properties

1 CARBOHYDRATES

Carbohydrates are the sugars and starches found in fruits, grains, vegetables and milk products. Though often maligned in trendy diets, carbohydrates are important to a healthy diet.



2 PROTEINS

Protein makes up the building blocks of organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues.



3 FATS

Fats are a source of energy, temperature regulation and vitamin absorption. Fats can be found in various foods, like dairy products, meat, fish, whole eggs, vegetables, nuts



4 FIBER

Fiber can be found in fruits, vegetables, pulses, and whole grains. Fiber is needed to keep our digestive system healthy, prevent coronary heart diseases, bowel cancer, and diabetes.



5 MINERALS



CLASSES OF FOOD WITH EXAMPLES AND FUNCTIONS

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5 MINERALS

Minerals represent various functions like building blocks for our muscles, bones and teeth, carrying oxygen in our body, and keeping fluids balanced.



6 VITAMINS

Vitamins are found in all fruits and vegetables. They are an essential for regulating and maintaining the immune system.



7 WATER

Water is necessary for digestive processes. It maintains the body pH at the right level and helps in the sustenance of body fluids.

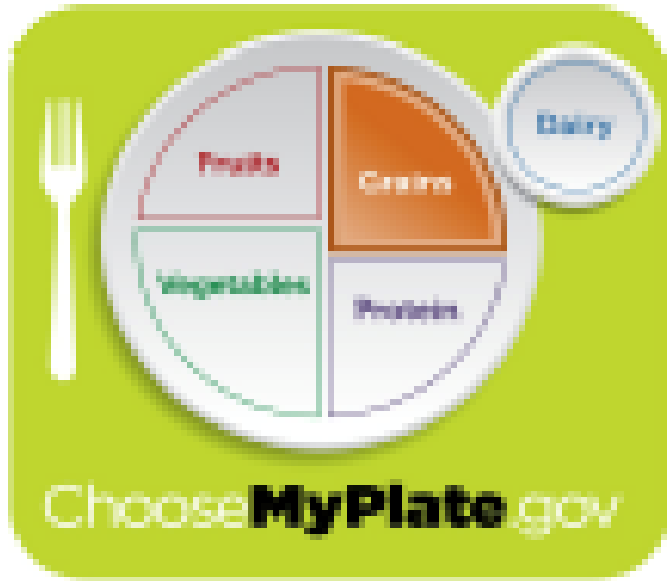


Legit



MyPlate

Grains: Make Half Your Grains Whole Grains



wheat, rice, oats, cornmeal, barley

- Grains are divided into either whole grains or refined grains. In general,
 - 1 ounce from the grains group is:
 - 1 slice of bread.
 - 1 cup of ready-to-eat cereal.
 - ½ cup of cooked rice, cooked pasta, or cooked cereal.

Vegetables: Vary Your Veggies

Any vegetable or 100 percent vegetable juice is part of this group. Vegetables are divided into five subgroups including:

dark green vegetables;

red and orange vegetables;

beans,

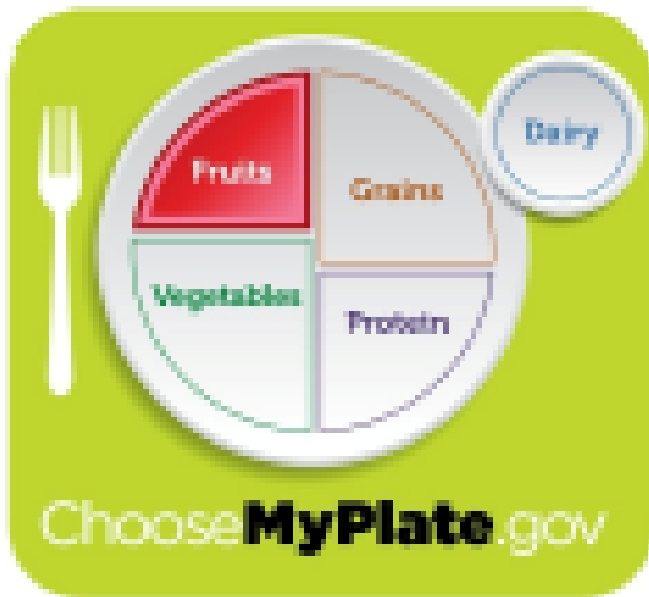
peas and lentils;

starchy vegetables and other vegetables.

1 cup of raw or cooked vegetables or vegetable juice.

2 cups of raw leafy greens is considered as 1 cup from the vegetables group.

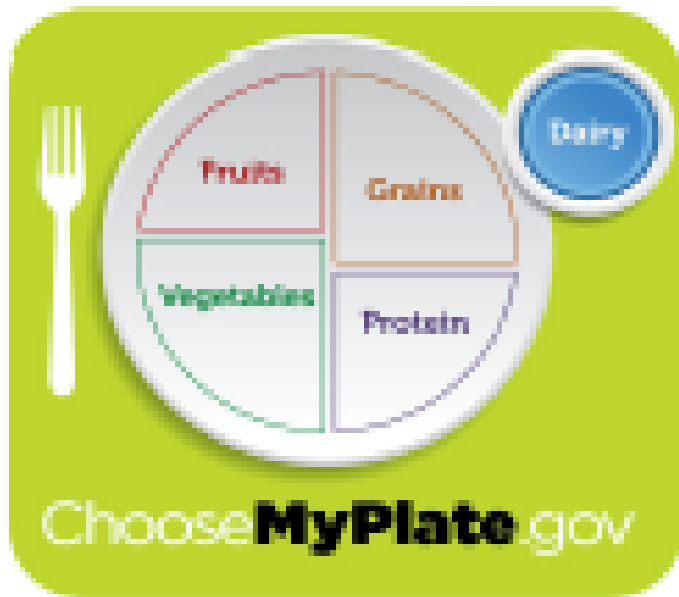
Fruits: Focus on Fruits



Any fruit or 100 percent fruit juice is part of this group.

- In general 1 cup from the fruits group is:
- 1 cup of fruit or 100 percent fruit juice.
 - ½ cup of dried fruit.

Dairy: Move to Low-Fat or Fat-Free Milk or Yogurt



All fluid milk products and many foods made from milk that keep their calcium content are part of this group. Foods made from milk with little or no calcium, such as cream cheese, cream or butter, are not part of this group. Calcium-fortified soymilk is also part of this food group.

In general 1 cup from the dairy group is:

- 1 cup of milk, yogurt or soymilk.
- 1 ½ ounces of natural cheese.
- 2 ounces of processed cheese.

Protein Foods: Vary Your Protein Routine

Meats, poultry, eggs, seafood, nuts, seeds and soy products are part of this group. Beans, peas and lentils can be considered part of the protein foods group as well as the vegetable group, but should be counted in one group only.

In general 1 ounce from the protein foods group is:

1 ounce of meat, poultry or fish.

$\frac{1}{4}$ cup cooked dry beans.

1 egg.

1 tablespoon of peanut butter.

$\frac{1}{2}$ ounce of nuts or seeds.

Sodium, Saturated Fat and Added Sugars

- Although not food groups, the USDA MyPlate Plan provides limits for fats (oils and saturated fats), sodium, and added sugars.
- Most of the fat you eat should be oils. Oils are high in monounsaturated or polyunsaturated fats and low in saturated fats.
- Oils are fats that are liquid at room temperature.
- Oils come from many plants and fish.
- Some salad dressings and soft margarine with no trans fats are counted as oils.

Sodium, Saturated Fat and Added Sugars

Solid fats tend to be high in saturated fat which can increase risk of certain chronic diseases.

Solid fats are fats that tend to be solid at room temperature.

Butter, shortening and animal fats are counted as solid fats.

A few plant oils, such as coconut oil and palm kernel oil are high in saturated fats. Although these are liquid at room temperature they are counted as solid fats not oils.

Planning Healthful Meals with the USDA MyPlate Plan : 2000 calories

- Grains 6 ounces
- Vegetables 2½ cups
- Fruits 2 cups
- Dairy 3 cups
- Protein foods 5½ ounces

Planning Healthful Meals with the USDA MyPlate Plan : 2000 calories

- Oils 6 teaspoons
- Limit on calories for other uses 240 calories
- Limit sodium to less than 2,300 milligram a day
- Limit saturated fat to less than 10% of calories a day
- Limit added sugars to less than 10% of calories a day

Build a Healthy Diet

- Everything you eat and drink is important. A healthy diet can help you be healthier now and in the future. When building a health diet remember to:
- Focus on variety, amount and nutrition.
- Choose foods and beverages with less sodium, saturated fat and added sugars.
- Start with small changes to build healthier eating.
- Make half your plate fruits and vegetables.

Build a Healthy Diet

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free dairy.
- Vary your protein routine.
- Eat and drink the right amount for you.

Q & A

