

Did You Know...?

Nutrition

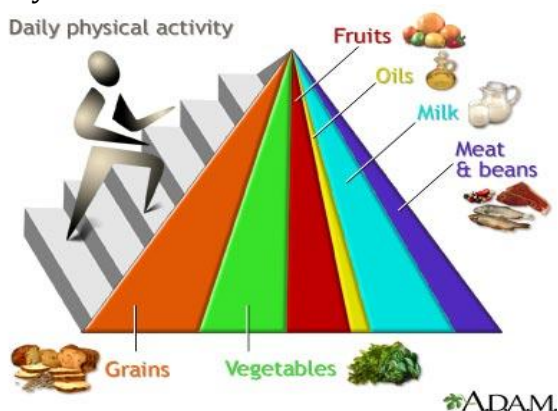
Brought to you by the Lane Fitness Education Center

The purpose of this newsletter is to provide safe and accurate health information through a variety of health topics, in the hopes of creating greater campus awareness.

The key to healthy eating is incorporating **Balance**, **Moderation**, and **Variety** into your diet.



Balance requires eating foods from all food groups and energy sources (carbohydrates, protein, and fat). Your diet is balanced if you eat foods from a variety of food groups, you eat in moderation, and the amount of calories you consume equals the amount of energy you expend in your daily activities and exercise.



Moderation means not eating *too much* or *too little* of anything. Instead be aware of serving sizes and eat portions of food based on your nutrient and calorie needs.

Variety means including lots of different food groups into your diet. Eating a variety of foods will provide your body with a broader range of vitamins, minerals, and phytochemicals, and also ensures that you are receiving all the nutrients you need. (*American Dietetic Association*)

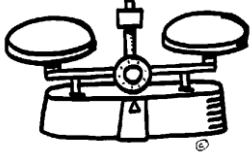
Nutrient Density is a measure of the nutrients a food provides compared to the calories it contains.

Foods low in calories and high in nutrients are nutrient-dense, while foods high in calories and low in nutrients are nutrient-poor. A healthful diet includes mostly nutrient-dense foods, where nutrient-poor foods should only be eaten occasionally. (www.hhs.gov)

The term "**phytochemicals**" refers to a wide variety of compounds produced by plants. They are found in fruits, vegetables, beans, grains, and other plants. Phytochemicals are promoted for the prevention and treatment of many health conditions, including cancer, heart disease, diabetes, and high blood pressure.



How many calories make up a pound? To maintain body weight the calories you consume must equal the calories you burn (through normal daily functions or exercise). If you consume 3500 calories above what you burn you will gain 1 pound. When fewer calories are eaten than burned, weight loss is the result.



* To lose 1 lb per week, a person must reduce their

weekly caloric intake by 3500 calories. For example, reducing calories by 300 per day, and exercising to burn off an additional 200 calories should result in a weight loss of 1 lb per week. (caloriecontrol.org)

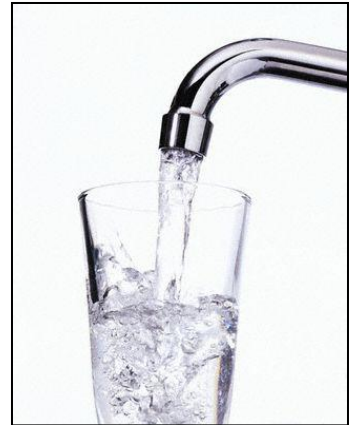
1 Pound = 3500 Calories

Non-fat does not equal No calories. Often low-fat or non-fat foods may contain extra sugar, flour, or starch thickeners to make them taste better. These ingredients can add extra calories, which can lead to weight gain. (www.niddk.nih.gov)



Don't skip meals. Your body needs a certain amount of calories and nutrients each day in order to work properly. If you skip meals during the day, you will be more likely to make up for these missing calories by snacking or eating more at your next meal. A healthier way to maintain or lose weight is to eat many small meals throughout the day that include a variety of nutritious, low-fat, and low calorie foods. (www.niddk.nih.gov)

Thirsty? Water is by far the most essential nutrient to the body. It is part of every cell, tissue and organ and accounts for 60 percent of body weight. Water plays several crucial roles in the body. It helps regulate temperature, carries nutrients and oxygen, remove waste, and cushions joints and organs. Total water intake includes drinking water, water in beverages, and water contained in food. According to the USDA, adequate total water intake is 3.0 L (13 cups) for men and 2.2 L (9 cups) for women. (<http://fnic.nal.usda.gov>)



Eat Breakfast! Breakfast provides you with the energy and nutrients that lead to increased concentration and performance in the classroom. Eating breakfast can also be important in maintaining a healthy body weight. People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals that a simple breakfast would have provided. Stock up on whole fruits, low fat yogurt, granola bars and instant oatmeal for a healthy breakfast on the go. (www.jhsph.edu)

