

Nutrition Basics

Karleigh Jurek, MS, RD, LD
Senior Wellness Coordinator



The basics

▶ The macronutrients

▶ Carbohydrates

- ▶ Grains, starches, fruits, some vegetables

▶ Protein

- ▶ Meats, fish, shellfish, legumes, dairy

▶ Fat

- ▶ Saturated, unsaturated, trans fats

Top 10 tips

- ▶ 1. Variety is key
- ▶ 2. Does your plate have a vegetable?
- ▶ 3. Try more whole grains
- ▶ 4. Portion distortion
- ▶ 5. The power of plants
- ▶ 6. Hydration is key
- ▶ 7. Individualize
- ▶ 8. Marketing traps - the nutrition label
- ▶ 9. Add, don't subtract
- ▶ 10. Get moving

1. Variety is key

- ▶ Eating a variety keeps you on track and ensures you meet all the recommendations for micro and macro nutrients.
- ▶ You won't get bored with what you're eating.
- ▶ Eat in Color!
 - ▶ Different colored foods mean different nutrients



2. Does your plate have a vegetable?

- ▶ The dietary guidelines recommend that at least half your plate is a vegetable
- ▶ Start by checking every meal for a vegetable
- ▶ Choose seasonal produce when available
 - ▶ More flavorful and higher nutrient content
 - ▶ Don't forget about canned and frozen
- ▶ Why?
 - ▶ Vegetables are nutrient-dense
 - ▶ Antioxidants, vitamins, minerals, fiber, prebiotic fiber

3. Try more whole grains

- ▶ What does “whole” mean?
 - ▶ The grain has been less processed and remains mostly intact
- ▶ Whole grains are nutrient-dense
 - ▶ Higher fiber, protein, vitamins, minerals, and antioxidants
- ▶ Provide a higher satiety factor
 - ▶ Keeps you fuller for longer
- ▶ EX: quinoa, brown rice, long grain rice, farro, freekeh, wild rice, cous cous



4. Portion distortion

- ▶ Learn basic portion sizes
 - ▶ Ex: 1 slice of bread, $\frac{1}{2}$ cup of cooked vegetables, 1 cup of fruit or raw vegetables, $\frac{1}{2}$ cup for grains etc
- ▶ Be conscious of how much you eat when you eat
 - ▶ Track what you're eating for a week. This can help to make you more aware of how much you're eating.
 - ▶ From there you can make changes.
- ▶ But also eat when you're hungry
 - ▶ If you are constantly hungry, eat something! Restricting when you're hungry can lead to a binge later down the road.



FIST
ONE CUP

one serving of raw fruits or vegetables



THUMB
ONE TABLESPOON

one serving of butter or a spread



CUPPED HAND
HALF CUP

one serving of pasta or cooked vegetables



PALM
THREE OUNCES

one serving of meat, poultry and fish

5. The power of plants

- ▶ This includes fruits, vegetables, herbs, spices, beans, legumes, nuts, seeds
- ▶ A plant-based diet can help prevent multiple chronic diseases
 - ▶ ** This does not mean eating meat is bad for your health
- ▶ Plant foods are very nutrient dense
 - ▶ Phytochemicals, antioxidants, vitamins, minerals, fiber
- ▶ Try to center your meals around different types of plants, and use meat as a side or a garnish

6. Hydration is key

- ▶ Hydration is very individualized, so there's not a general recommendation
- ▶ The best indicator is to look at your pee
 - ▶ The brighter the color, the more dehydrated you are
 - ▶ The more clear the color, the more hydrated you are
- ▶ Beware of sugar-sweetened beverages, these don't add to hydration and tack on extra calories and sugar
 - ▶ Guidelines recommend no more than 6 tsp for women and 9 tsp for men of added sugar.
 - ▶ 1 16 oz can of soda is 16 tsp of added sugar
- ▶ Ways to hydrate: water, sparkling water, unsweetened tea (hot or cold), watermelon, cantaloupe, cucumber

7. Individualize

- ▶ You know your body best
- ▶ What works for one person, might not work for you
- ▶ Don't be afraid to customize things to your tastes and what will work for your life
- ▶ Listen to your hunger cues, how certain foods and meals make you feel, etc
 - ▶ This is called intuitive eating

YOU CAN'T PLEASE
EVERYONE



YOU'RE NOT AN AVOCADO

8. Marketing traps - the nutrition label

- ▶ Be cautious of claims on packaged items
 - ▶ All natural
 - ▶ Healthy
 - ▶ Sugar-free
 - ▶ Organic
 - ▶ Naturally sweetened
- ▶ These don't always mean nutritious or good for you
- ▶ Learn to read the nutrition label

OLD LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

NEW LABEL

Nutrition Facts	
1 8 servings per container	
Serving size	2/3 cup (55g)
2 Amount per serving	
Calories	230
% Daily Value*	
3 Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
4 Includes 10g Added Sugars	20%
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

9. Add, don't subtract

- ▶ Enjoy treats!
- ▶ Restriction has been proven to lead to a restrict/binge cycle
- ▶ Just enjoy the dessert, it can lead to lower calories consumed in the long run.
 - ▶ But also listen to your body and how these foods make you feel
 - ▶ You'll quickly learn, after awhile of enjoying treats in honor of your cravings, you won't want those desserts as frequently.
 - ▶ Everything in moderation!

10. Get moving!

- ▶ Exercising is crucial!
 - ▶ Helps burn calories, can lead to weight loss
 - ▶ Improves mood - endorphins!
- ▶ Shoot for 150 minutes of moderate exercise per week
 - ▶ Walking, running, hiking, biking, yoga, strength training, and so much more!
- ▶ Find something that you enjoy doing!
 - ▶ If you don't enjoy it, you won't do it.



The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, leaving a large white central area. The shapes are angular and layered, creating a sense of depth and movement.

Thank you!

Questions?