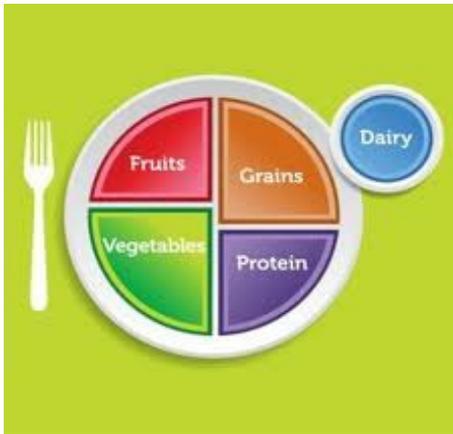


A Fun Fact Guide to Nutrition

Nutrition (Pre-3rd) was written to educate young people, parents and teachers about where our food comes from. This guide provides nutrition facts, useful definitions, and additional websites for teachers to utilize in their classroom.



Tips on Nutrition

- Cut Back on Saturated Fat & Sodium
- Be a Healthy Role Model
- Go Green with the Food Guide
- Choose a Harvest of Colorful Vegetables
- Make Half Your Grains Whole
- Focus on Fruits
- Cut Back on Sweet Treats

Fun Facts

- Fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.
- A bushel of wheat makes about 42 pounds of pasta, which equates to 210 servings of spaghetti.
- Frozen vegetables can be more nutritious than fresh vegetables. Fresh vegetables take a lot of time, once they have been picked, to reach the supermarket. The more time between picking and eating, the more nutrients they lose.



Grains

- Grains are divided into 2 subgroups: whole grains and refined grains.
- Whole grains contain the entire grain kernel - the bran, germ, and endosperm. Examples include: whole-wheat flour, oatmeal and brown rice.

-Refined grains have been milled, a process that removes the bran and germ. This is done to give the flour a smoother texture but it eliminates much of the dietary fiber, iron and B vitamins. Some examples are white flour, white bread and white rice.

Serving Size

- The amount of grains you need to eat depends on your age, sex, and level of physical activity. The recommended amount for students is to eat three servings of grains per day. A serving of grain is one ounce. Some examples of one ounce are one slice of bread or five whole wheat crackers.

Health Benefits

-Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.

-Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce constipation.

-Eating at least 3 ounce equivalents of whole grains every day may help with weight management.

-Eating grains fortified with foliate, before and during pregnancy, helps prevent neural tube defects during fetal development.

Vegetables

-There are five types of vegetables. They include dark green, orange, dry beans and peas, starchy, and other vegetables.



Serving Size

- Eating the right amount of vegetables is also necessary to be healthy. The recommended serving size of vegetables is two cups per day. You can mix and match what makes up the two cups to keep your vegetable intake interesting. The USDA recommends eating at least one vegetable out of each of the five groups every week.

Health Benefits

-Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.

-Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.

-Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectal cancer.



Fruits

-There are four types of fruits.
They are categorized as berries, melons, citrus and other.

Serving Size

-It is recommended that everybody eats foods from the fruit group every single day. It is important to eat fruits because they offer a good source of vitamins such as Vitamin C. It is recommended that everyone eats at least 1-1/2 cups of fruit each day. Eating a variety of kinds is best, as this adds to the variety of vitamins and healthy nutrients.

Health Benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk of type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.

Dairy

-There are four categories of dairy products. They include milk, cheese, yogurt, and milk based desserts such as ice cream and pudding.

Serving Size

- The recommended daily serving size of dairy products is 3 cups. Dairy food products are important because they provide calcium and vitamin D. Vitamin D is extremely important because without this your body can not utilize calcium as well.



Health Benefits

- Diets rich in milk and milk products help build and maintain bone mass throughout the lifecycle. This may reduce the risk of osteoporosis.
- The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Diets that include milk products tend to have a higher overall nutritional quality.



Meats, Beans and Oils

-All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Dry beans and peas are part of this group as well as the vegetable group. Meat is a good source of protein that helps maintain the body tissues and helps fight infections.

Serving Size

- The USDA recommends that everybody eats five ounces of protein like meats, beans, nuts, and eggs daily. An easy way to measure one serving is to measure the size of your palm. It is important to consume some oil in your diet as well to receive essential fatty acids. These oils can be found from fish, nuts, and vegetables.

Health Benefits

-While consuming some oil is needed for health, oils still contain calories. In fact, oils and solid fats both contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake. The Nutrition Facts label provides information to help you make smart choices.

-Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

-Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

Sources

- My Plate Food Guide
www.choosemyplate.gov
- Kids Nutrition Resources
www.kidshealth.org
- Nutrition Exploration: Kids
www.nutritionexplorations.org/kids
- Kid's Nutrition
www.pbs.org

