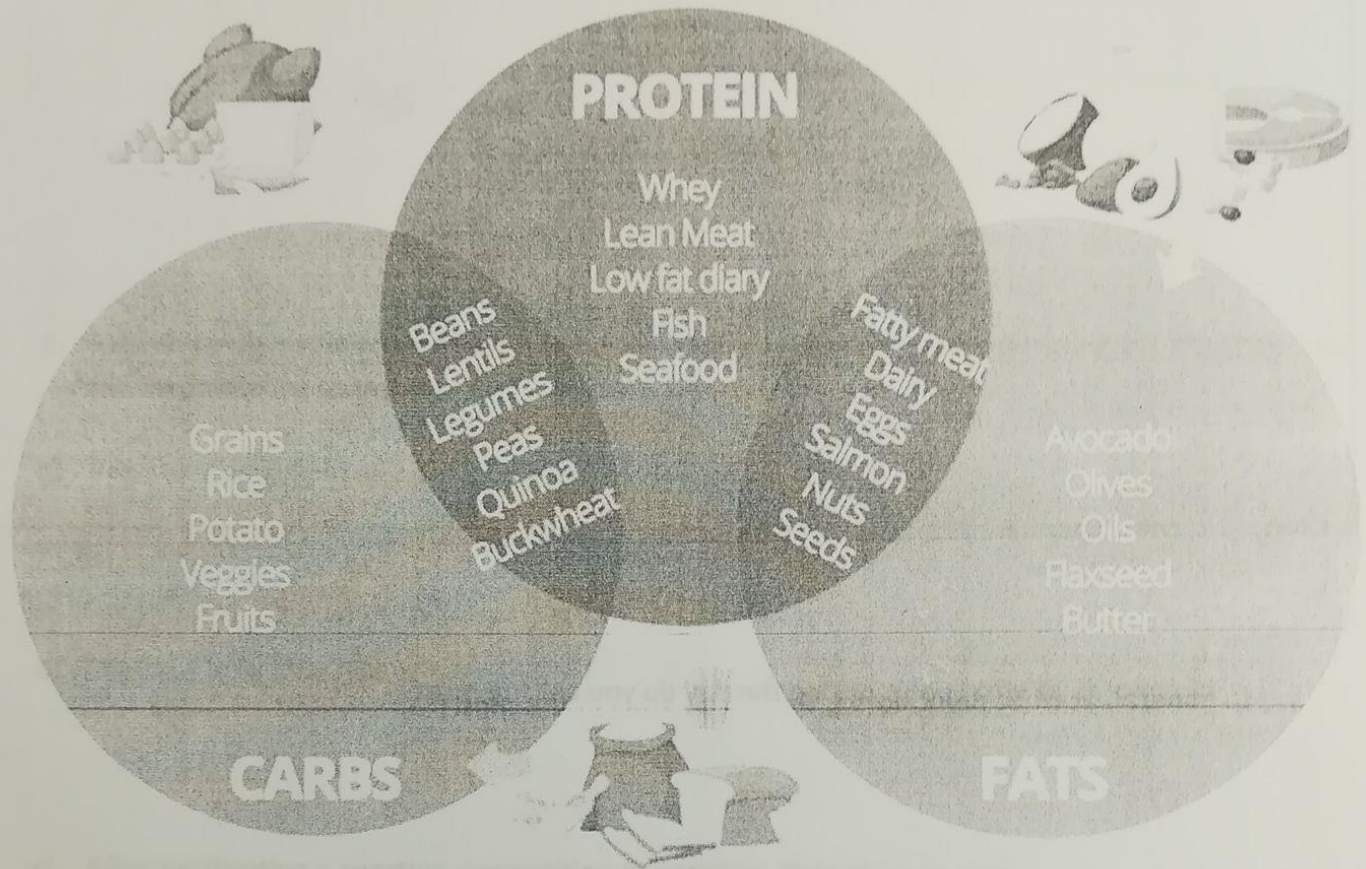


NUTRITION ASSIGNMENT



PROTEIN: BUILD & REPAIR TISSUES- HAIR & NAILS ARE MADE OF IT (BUILDING BLOCK OF BONES, MUSCLES, CARTILAGE, SKIN & BLOOD)

CARBS: ENERGY

FATS: STORE ENERGY, INSULATE US AND PROTECT OUR VITAL ORGANS

EXAMPLES OF HEALTHY MEALS

BREAKFAST	LUNCH	SUPPER

1. In general, at what point during the day do you eat the most?
2. Do you consider yourself to have healthy eating habits? Explain.
3. What is the most important thing about your nutrition? Explain.
4. Do you drink enough water? If not, what can you do to help increase your water intake daily?

5. Indicate some strategies for making better food choices according to the intensity level of physical activity?

6. Explain to me some good eating habits and what you should be concentrating your nutrition on for the following examples:
 - a) Prior to engaging in an hour of moderate to vigorous activity:

 - b) During a long bike ride of over an hour

 - c) After performing a sporting competition or aerobics class of some sort:

Food Label Worksheet

→ (Attach the label to this worksheet) ←

1. Food Product _____
2. Serving Size _____ Calories per serving _____
3. Percentage of calories from fat, protein, and carbohydrate. Show your calculations. See page 52.
 - a) Protein: _____
 - b) Carbohydrate: _____
 - c) Fat: _____
4. What are the first three ingredients? _____
5. How much saturated fat is in this product? _____
6. Does this product contain any trans fat? _____ If so, how much? _____
7. How much sodium/serving is in this product? _____
8. How many grams of fiber in this product? _____
9. How many grams of sugar in this product? _____
10. Would you consider this a healthy food choice? _____

Explain why or why not? (refer to the amount of fiber, sodium, sugar, fat and the main ingredients in the product.) See page 51 for more information.

10. Describe the relationship between reading labels and the impact on your nutritional choices.

Canada Food Guide: Serving Sizes

Fruits and Vegetables: 1 serving =

1 medium size	fresh fruit or vegetable
125 ml (1/2 cup)	fruit or vegetables cut up
250 ml (1 cup)	salad or leafy green vegetables
125 ml (1/2 cup)	cooked leafy green vegetables
60 ml (1/4 cup)	dried fruit
125 ml (1/2 cup)	fruit juice



Grain Products: 1 serving =

1	slice of whole wheat bread
1/4	whole wheat bagel
1/2	whole wheat pita or tortilla
125 ml (1/2 cup)	cooked brown rice, bulgur or quinoa
30 g	cold cereal
175 ml (3/4 cup)	hot cereal



Milk and Alternatives: 1 serving =

250 ml (1 cup)	milk
125 ml (1/2 cup)	canned evaporated milk
250 ml (1 cup)	fortified soy beverage
175 g (3/4 cup)	yogurt
175 g (3/4 cup)	Kefir
50 g (1 1/2 oz)	cheese



Meat and Alternatives: 1 serving =

75 g (2 1/2 oz) or 125 ml (1/2 cup)	cooked fish, shellfish, poultry, lean meat
175 ml (3/4 cup)	cooked legumes
150 g or 175 ml (1/2 cup)	Tofu
2	Eggs
30 ml (2 tbsp)	Peanut Butter
60 ml (1/4 cup)	shelled nuts or seeds



Helpful Tip: A serving of meat/fish/chicken etc. is the size of a pack of cards.

Tips on How to Read Food Labels

Most processed foods have labels indicating the nutritional facts of the product. Ideally you should consume foods without labels and as close to their original state as possible.

The following is a label of potato chips with the following list of ingredients: potatoes, vegetable oil, salt.

Nutrition Facts		
Per about 25 chips (50g)		
Amount		% Daily Value
Calories	290	
Fat	18g	28%
Saturates	1.5g	
+Trans	0g	8%
Cholesterol	0mg	
Sodium	300mg	3%
Carbohydrate	32g	11%
Fiber	1g	4%
Sugars	0g	
Protein	2g	
Vitamin A		0%
Vitamin C		30%
Calcium		0%
Iron		6%



Look at the type and quantity of ingredients: The food label lists the ingredients in order from the highest quantity to the lowest quantity. For example: there are more potatoes than vegetable oil, and salt in this product.

Check out the sodium content: A high intake of salt increases our chances of getting high blood pressure. We should consume no more than 2300 mg of sodium a day. Some soups contain about 1000 mg of sodium per can.

Check out the amount of fiber. Try to consume about 25 grams of fiber a day. Choose whole grain products with more than 3 grams of fiber per serving.

Check out the amount and type of fat that is in the product. Avoid foods that have hydrogenated or partially hydrogenated oils. These are trans fats and they increase the cholesterol levels in our bloodstream promoting heart disease. Palm oil is a saturated fat.

Look for sugar content: Sugar names consist of fructose, lactose, sacrose, maltose, glucose, and dextrose. High fructose corn syrup is cheap alternative to table sugar in the food industry. Health concerns linked to excess consumption include diabetes, obesity, and cardiovascular disease. According to the American Heart Association, men should consume less than 37.5 grams of sugar per day (9 teaspoons) and women less than 25 grams (6 teaspoons). A can of pop has 10 teaspoons of sugar.