

NUTRITION BASICS

Food is essential in providing nutrition that your body needs to function properly. Follow these basic guidelines to help boost your health and well-being!

✘ Macronutrients

Carbohydrates

- Carbs are the body's main and preferred source of energy that is needed to support brain function, digestive organs, kidney and liver function, and muscle tissues.
- Sources: bread, pasta, rice, noodles, grains, starchy vegetables, fruits, and dairy products.

Protein

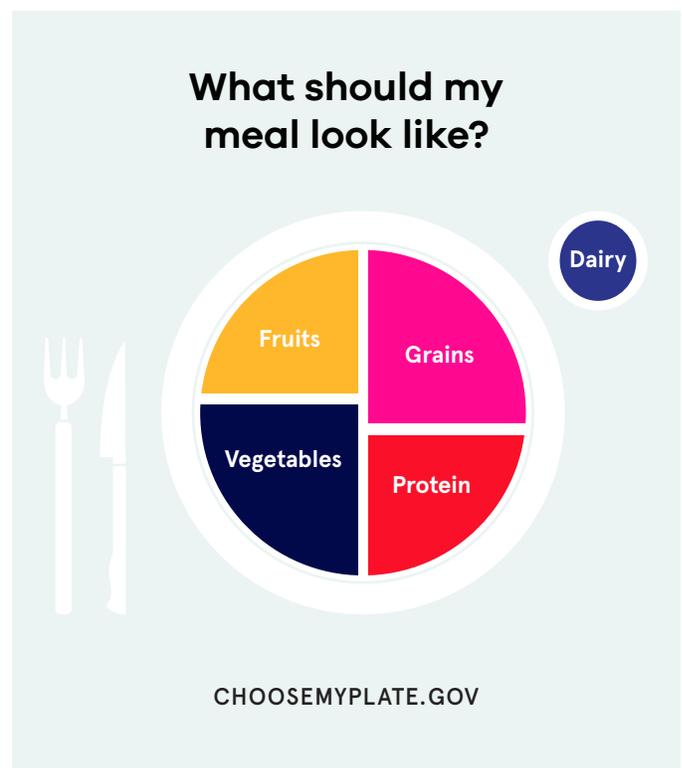
- Protein is important for tissue and muscle growth, immune function, producing hormones and enzymes.
- Sources: meat, poultry, eggs, fish, nuts, legumes, tofu, soy products, milk, and dairy.

Fats

- Fats are extremely important for cell function, nerve tissue, hormone production, and helps the body to absorb fat-soluble vitamins like vitamins A, D, E, K.
- There are 2 main types of fat:
 - **Saturated fat:** Solid at room temperature (butter, lard, palm and coconut oil)
 - **Unsaturated fat:** Liquid at room temperature (canola and olive oil, avocado, nuts, seeds, and fatty fish—salmon, sardine, etc.)
- When choosing fat, aim for **unsaturated** fat sources.

✘ Micronutrients

- Micronutrients are vitamins (e.g. A, B, C, D, E, and K) and minerals (e.g. Calcium, Potassium). They are necessary for energy metabolism, tissue and organ function, growth and development, bone health and immunity.
- They are found in all foods.
- Eating a diet high in variety of colorful fruits and vegetables, whole grains, nuts, seeds, legumes, lean protein, and low-fat dairy products ensures that the body is able to get all the nutrients it needs to function properly and prevent nutrient deficiencies.



✘ Fiber

- Fiber is found in whole grains, fruits, and vegetables.
- It helps to reduce blood cholesterol, risks of heart disease, It also protects from breast and colon cancer, and improves gut health.
- There are 2 main types of fiber:
 - **Soluble:** Slows down digestion to promote fullness and satiety.
 - **Insoluble:** Add bulk to stool and prevent constipation.
- Aim to have at least 5 servings of fruits and vegetables per day, and choose whole grains over refined grains when possible.
- Nuts, seeds, beans, and legumes are great sources of fiber as well.

✘ Alcohol Consumption

- The drinking guideline for healthy adults:
 - **Women:** 1 drink per day.
 - **Men:** 2 drinks per day.

✘ Hydration & Beverages

- Benefits of water:
 - Lubricate joints
 - Regulate body temperature
 - Energize muscles
- A good way to know if you're hydrated is by the color of your urine. If your urine is clear or light yellow, that means you're well hydrated.
- Limit sugar-sweetened beverages like soda, fruit drinks, sweetened water, iced tea and coffee with added sugar, energy drinks, and sports drinks.
- Tips to stay hydrated:
 - Carry a reusable water bottle with you (aim to drink 8-10 cups per day).
 - Flavor your plain water with fresh fruits and herbs.
 - Eat water-ful foods like watermelon, strawberries, citrus fruits, applesauce, yogurt, cucumber, and lettuce.

Portion Sizes



PALM: 3 OUNCES
Poultry, meat, fish, and eggs



FIST: 1 CUP
Rice, pasta, fruit, vegetables, and ice cream



1 CUPPED HAND: ½ CUP
Beans, potatoes, and nuts



2 CUPPED HANDS: 1 OUNCE
Popcorn, chips, and pretzels



THUMB: 1 OUNCE
Peanut butter & hard cheese



TOP HALF OF THUMB: 1 TEASPOON
Cooking oil, butter, and mayo