

Water	Vitamins	Minerals	Carbohydrates	Proteins	Fats
<p>0 calories</p> <p>8, 8oz glasses</p> <p>Urine Color</p> <p>50-75% of our Bodies</p> <p>Can get water from water and watery foods like fruits</p>	<p>0 calories</p> <p>2 categories; water soluble and fat soluble</p> <p>ADEK are Fat Soluble</p> <p>Vitamins from a pill are not absorbed as well by the body as vitamins from foods.</p> <p>We should focus on eating water soluble vitamins regularly as we cannot store extras for later.</p> <p>We can store fat soluble vitamins on our body as fats.</p>	<p>0 calories</p> <p>Iron; good sources are red meat, if we don't get enough we can get anemia</p> <p>Potassium; good sources are bananas and potatoes, if we don't get enough we could cramp</p> <p>Calcium; good sources are dairy products, if we don't get enough we could get osteoporosis</p> <p>Sodium; good sources are salt and packaged products, we probably get too much and worry about hypertension, in other countries they may not get enough and worry about goiters</p>	<p>4 calories / gram</p> <p>2 categories; simple and complex</p> <p>Simple carbohydrates are sugars and taste sweet, most end in 'ose', give us quick energy but the energy does not last long. Think foods like fruits, milk and sugar. Too much sugar gives us health problems (be able to name some)</p> <p>Complex carbohydrates come from foods with fiber and starch, examples are starchy vegetables (carrots, peas, potatoes etc.) and grains (bread, cereal crackers etc.), energy is low released but lasts longer</p> <p>60% of our daily calories should come from carbohydrates, most of these should be whole grains</p>	<p>4 calories / gram</p> <p>2 categories; complete and incomplete</p> <p>We need protein to build body tissues; muscles in particular.</p> <p>There are 20 amino acids that make up proteins your body needs. 11 you make on your own just being alive and 9 you get from food.</p> <p>Complete proteins have all 9 amino acids that we need in our diets. These are foods that come from animals and soy products.</p> <p>Incomplete proteins do not have all 9 amino acids that we need but different foods have different combinations of those amino acids. We can combine incomplete proteins in our day to get all the amino acids that we need. These are plant based foods like nuts, seeds and grains.</p> <p>10% of our daily calories should come from proteins</p> <p>Protein shakes and bars are often more expensive than real food and really unnecessary.</p> <p>Vegans eat no animal proteins at all and get their amino acids from combining plant proteins.</p>	<p>9 calories / gram</p> <p>2 categories; saturated and unsaturated</p> <p>Saturated fats are solid at room temp and should be eaten but in moderation. These can build up in our arteries and cause heart disease. These are mostly animal products with the exception of a few oils like palm oil.</p> <p>Unsaturated fats are healthier fats and liquid at room temp. These often come from plants like peanuts, avocado and other plant foods with the exception of fish. HOWEVER, if we fry unsaturated fats to make things crispy we change the molecular structure and these can clog our arteries too.</p> <p>30% of the calories we eat should be from fats. We need fats. Be able to name reasons why.</p> <p>We should be way more concerned with body composition than weight.</p> <p>It takes 3,500 extra calories to gain or lose a pound of fat.</p> <p>It is only healthy to lose 2-3 pounds per week (on average) or we worry about being too hard on the heart.</p>
<p>**Extra Notes:</p> <p>1 paper clip weighs about a gram</p> <p>A 20oz bottle of soda is labeled as 2.5 servings (not 1)</p> <p>On average someone your age needs 2,500 calories per day.</p> <p>We can measure body composition with skin calipers, electrical analysis and underwater weighing.</p>					

