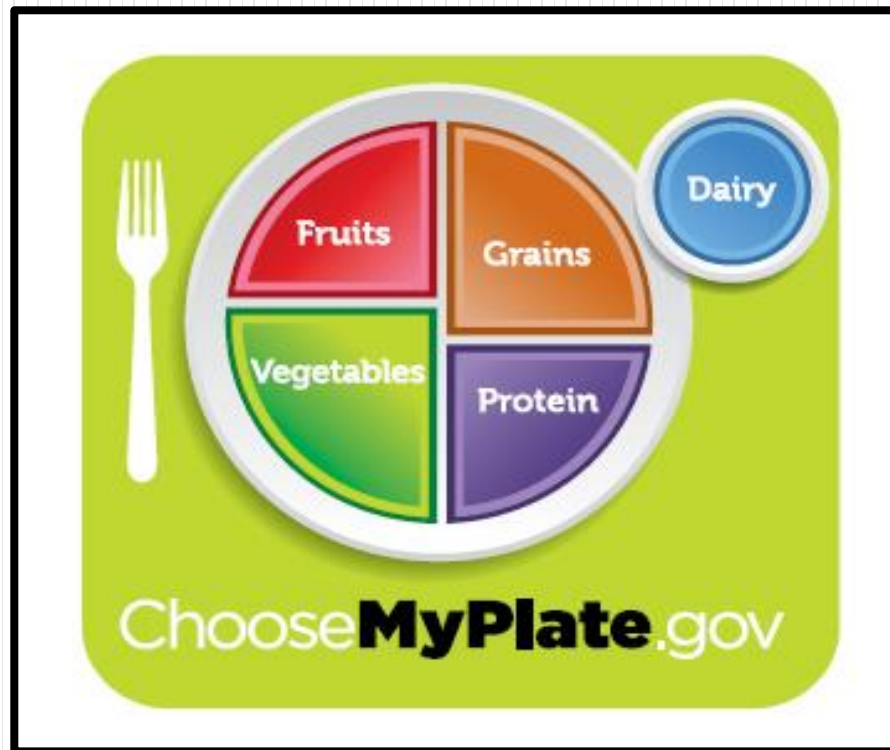


# The Six Basic Nutrients & Intro to MyPlate



# What is a Nutrient?

1. **Substances found in food that are essential for growth and energy**
  
2. **There are SIX basic essential nutrients:**
  - a. **Carbohydrates**
  - b. **Protein**
  - c. **Fat**
  - d. **Vitamins**
  - e. **Minerals**
  - f. **Water**



# Carbohydrates

1. **Main Function:** To provide our bodies with energy
2. **Healthy Food Sources:** whole grains, cereals, beans, rice, pasta



# Protein

1. **Main Function: To build and repair body tissues**
2. **Healthy Food Sources: meat, poultry, eggs, seafood, milk/milk products, cheese , nuts/seeds**



# Fat

1. **Main Functions:** Provides “back-up” energy, protects internal organs, promotes healthy skin, carries vitamins through the body
2. **Healthy Food Sources:** olive oil, canola oil, avocados, olives, flaxseed, nuts, tofu, fatty fish (salmon, tuna, trout)



# Vitamins

1. **Main Functions: To regulate body functions (nerves, muscles and skin functions)**
2. **Healthy Food Sources: Fruits and vegetables (especially red, orange and dark green), enriched grains, dairy products**



# Minerals

1. **Main Functions: To regulate body functions (strong bones and teeth, maintaining fluid balance in the body)**
2. **Healthy Food Sources: Fruits and vegetables (especially red, orange and dark green), dairy products, animal products**



# Water

1. Main Functions: Prevents dehydration, carries vitamins through the body, carries waste products out of the body, regulates body temperature
2. Healthy Food Sources: Water





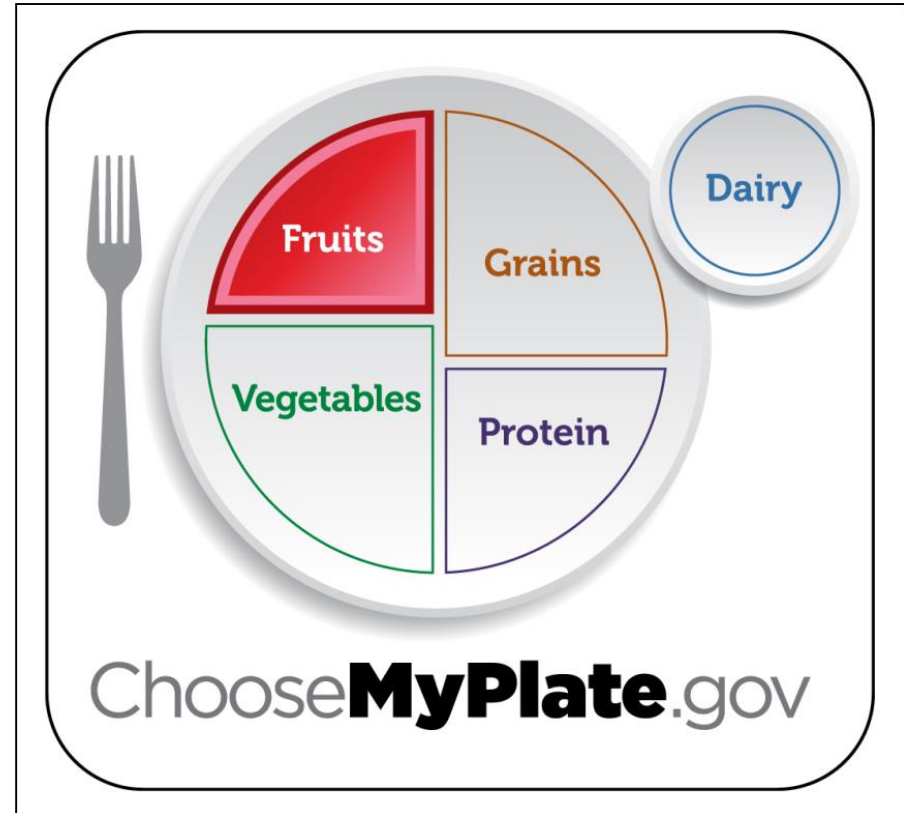
# What is MyPlate?

1. **MyPlate is the current nutrition guide from the USDA that is meant to help people develop a healthy diet.**
2. **MyPlate is broken into FIVE food groups.**



# Fruits Group

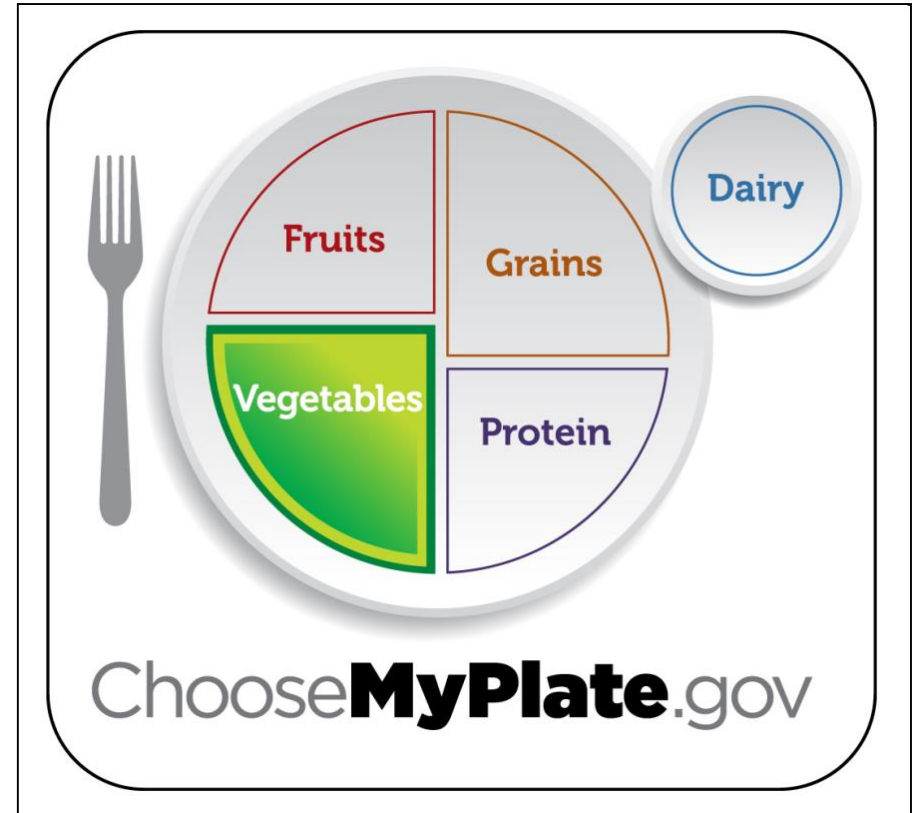
1. Key Consumer Message:  
**Make half your plate fruits and vegetables.**
2. Major Nutrients Found in the Fruits Group:  
**Vitamins, Minerals**



**Other Tips: Use fruits as snacks, salads or desserts. Choose whole or cut up fruits more often than fruit juice.**

# Vegetables Group

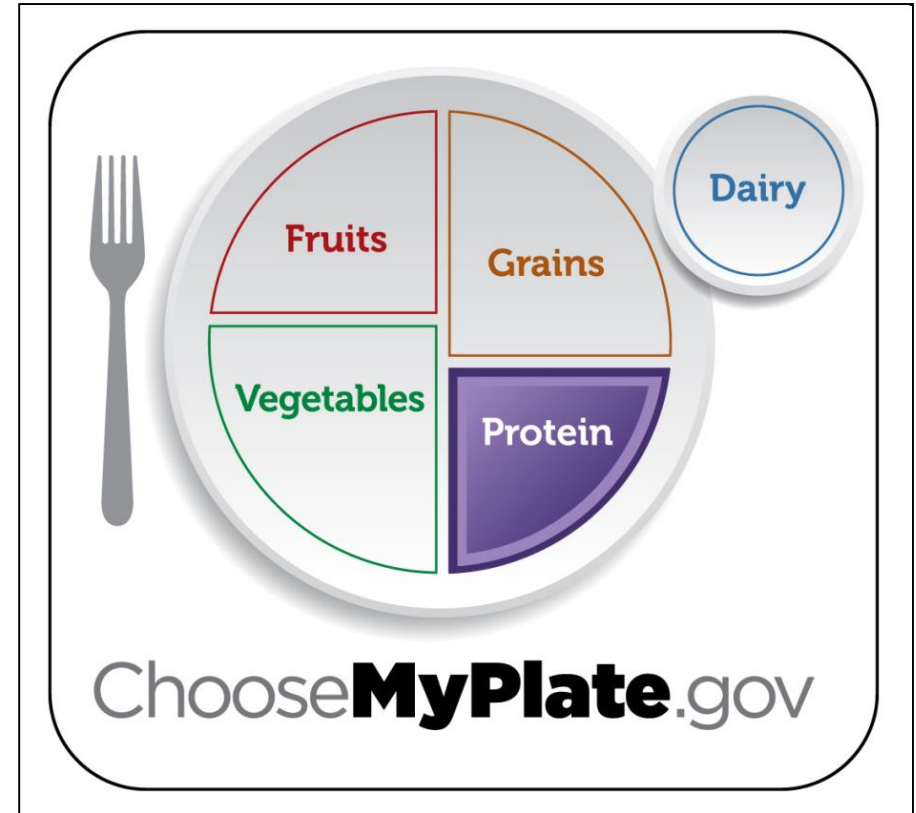
1. **Key Consumer Message:**  
**Eat red, orange and dark green vegetables.**
2. **Major Nutrients Found in the Vegetables Group:**  
**Vitamins, Minerals**



**Other Tips: Choose fresh, frozen, canned or dried vegetables.**

# Protein Group

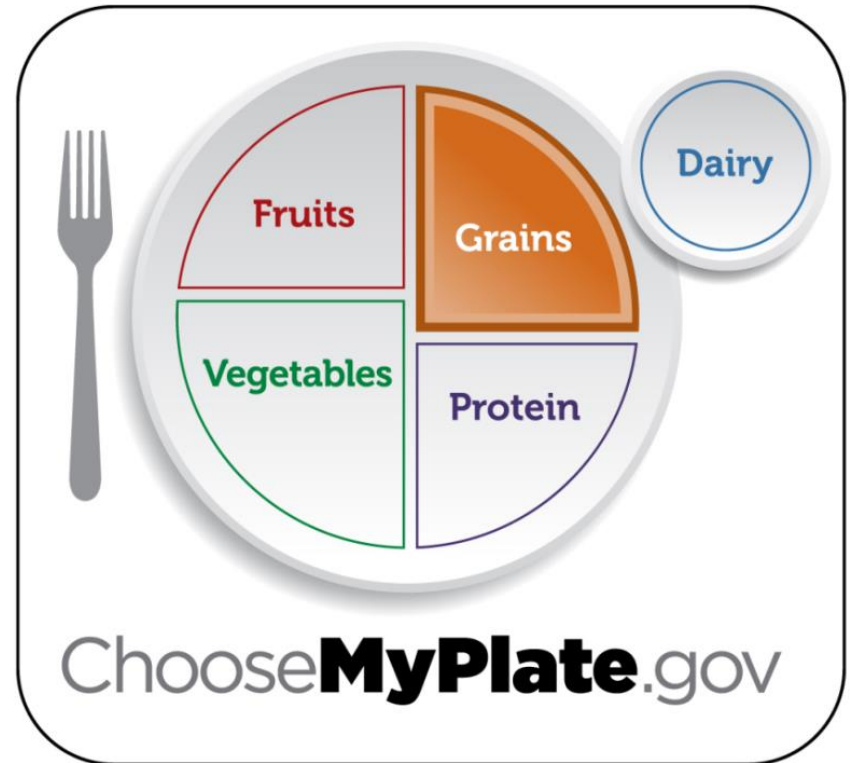
1. **Key Consumer Message:**  
**Keep meat and poultry portions small and lean.**
2. **Major Nutrients Found in the Protein Group:**  
**Protein, Minerals, Fat**



**Other Tips: Choose a variety of different protein sources. Choose 8 ounces of seafood per week. Try grilling, broiling, poaching or roasting.**

# Grains Group

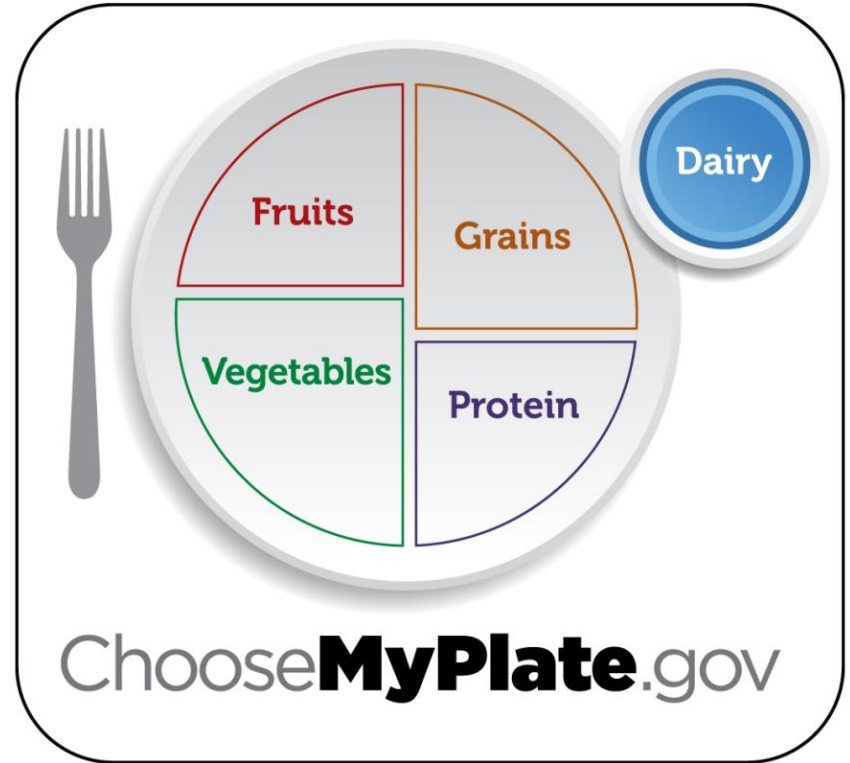
1. **Key Consumer Message:**  
**Make half your grains whole grains.**
2. **Major Nutrients Found in the Grains Group:**  
**Carbohydrates**



**Other Tips: Choose 100% whole grain cereals, breads, crackers, rice and pasta. Check the ingredients list on food packages to find whole grain foods.**

# Dairy Group

1. **Key Consumer Message:**  
**Switch to low-fat or fat-free milk. Get your calcium rich foods.**
2. **Major Nutrients Found in the Dairy Group:**  
**Protein, Fat, Vitamins, Minerals**



**Other Tips: Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.**

# Important Healthy Eating Tips



# 5. Choose Foods that Are Nutrient Dense

- **Nutrient Dense: Foods that have a lot of important nutrients, but few calories.**
  - **Choosing foods that are nutrient dense are better for your overall health.**





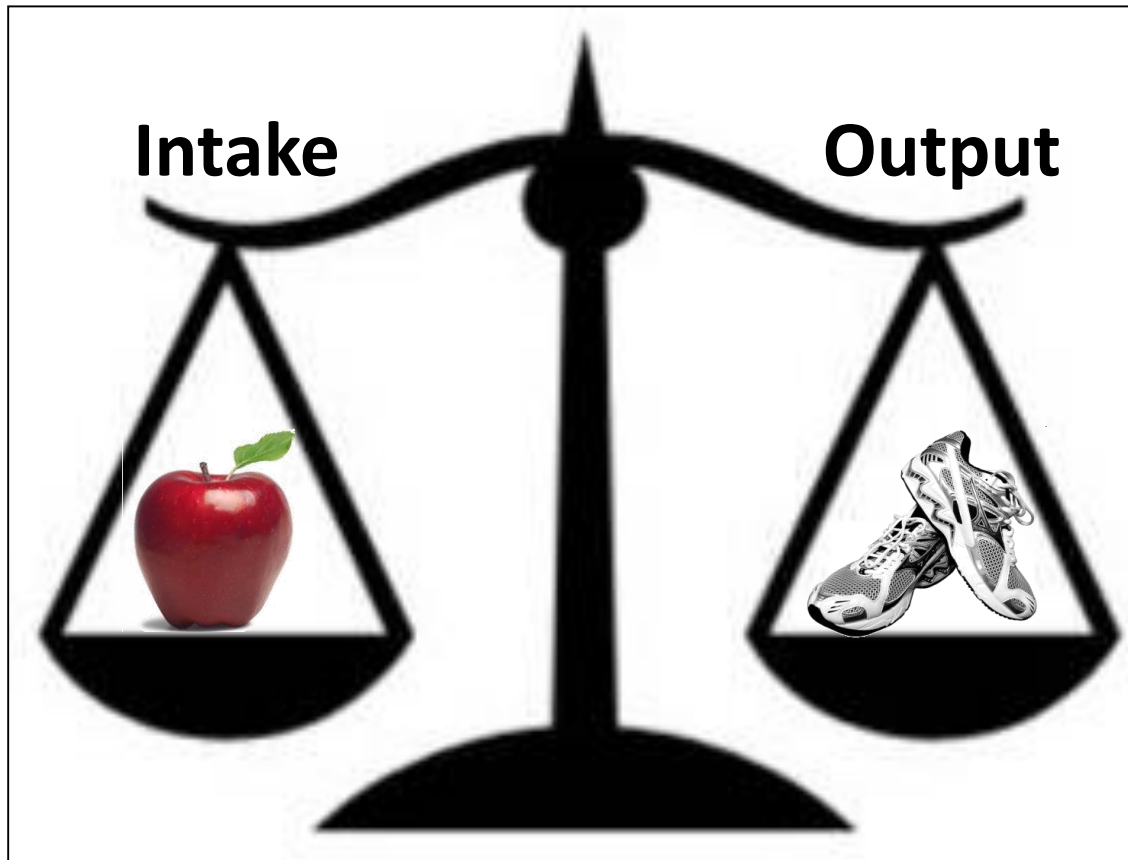
# 6. Avoid Eating Too Many Empty Calories

- **Empty Calories:** Foods that have a lot of solid fats, sugar and calories, but few important nutrients.
  - In some foods, like candies and sodas, ALL of the calories are empty calories.



# 7. Balance Calories to Manage Weight

- **Control total calorie intake to manage body weight.**



# 8. Increase Physical Activity

- **Teens should be active at least 60 minutes or more each day.**



# 9. Reduce Screen Time

- **Spend less time in front of the TV, video games and phones and more time being physically active.**



# 10. Enjoy Your Food, But Eat Less

- **Avoid oversized portions.**



# Careers Related to Foods and Nutrition



# Executive Chef



# Pastry Chef





# Food Service Worker

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# Dietitian / Nutritionist



# Food Science Researcher



# Agriculturalist



# Caterer



# Personal Trainer / Health Coach

