

2019

**GOOD FOOD
GOOD
NUTRITION**



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What You Should Know About Good Nutrition

Good nutrition is the key to good mental and physical health. Eating a balanced diet is an important part of good health for everyone. The kind and amount of food you eat affects the way you feel and how your body works.

What are nutrients?

Nutrients are ingredients in food that help you:

Grow

Repair body tissue

Build new muscle tissue.

No single food will provide you with the right amount of nutrients. By combining foods from all the different food groups, you can meet your body's daily needs.





How can I eat a healthy diet?

Follow the Food Guide at www.choosemyplate.gov/food-groups/ which:

Offers a guide to healthy food choices for people from age two and up

Helps you choose a healthful diet to maintain or improve your weight.
Includes five food groups with many kinds of foods that promote good health
Includes the recommended number of servings and serving size of each food group.
How do I eat a healthy diet?
Eat a variety of foods from each group and stay within the recommended servings listed.
Choose foods that are low in fat and sugar.
Choose and prepare foods that are low in salt.
Learn to read and understand food labels.



How can I make healthy choices when shopping for food?

Read the Nutrition Facts Food Label, which is found on canned, frozen and packaged foods. This label:

Lists the items that by law need to be listed on food products.

Shows what a serving size of a food is, and how many calories and fat grams are in a serving, as well as how many calories of the food come from fat.

Tells some important vitamins and minerals that the food provides.

Do I need a vitamin and mineral supplement?

You may:

Vitamins are present in different amounts in different foods.

Minerals help your body carry out certain activities and are also present in many foods.

Usually all the vitamins and minerals you need are in a well-balanced diet.

Vitamin or mineral supplement s may be needed if your diet does not have a variety of foods from each group.



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Are herbal supplements safe?

Not always, they:

Come from natural sources like plant leaves, roots, seeds, flowers or fruits.

Are not regulated, so there is no guarantee they contain what the package says.

Can be purchased without a prescription.

May cause allergic reactions, may make the medicines you take less effective or may cause other harmful effects.

Are not always tested, so there is no guarantee they can actually do what is advertised.

Check with your doctor or dietitian before taking any herbal supplement to be sure it is safe.

Why is physical activity important?

Combined with a healthy diet, regular physical activity can improve your overall health by helping you to:

Lose excess weight and keep it off

Prevent diseases like diabetes, cancer, heart disease, high blood pressure and chronic kidney disease

Prevent high cholesterol.





Why is exercise important to me?

Exercise is important for many reasons: It helps you to:

Maintain a healthy weight

Prevent many diseases including diabetes, heart disease, and kidney disease

Control blood pressure and cholesterol

Build strength and endurance

Prevent injuries

Build self-confidence and self-esteem

Sleep better

What types of exercise can benefit my health?

Many types of exercise can benefit your health, such as:

Walking

Doing household chores

Gardening

Taking part in a sport

Aerobic exercises (jogging, swimming, biking, climbing stairs, hiking)

Can anyone exercise?

Yes. However, it's important that the type of activity is right for you:

Age

Physical condition

Level of ability

If you have any chronic illnesses, it's important to check with your doctor before you start.



What is aerobic exercise?

Aerobic exercise is exercise that does the following:

Increases your heart rate

Makes you breathe deeply

Improves your large muscle groups

Some examples of aerobic exercise are:

Brisk walking

Dancing

Jogging

Skiing

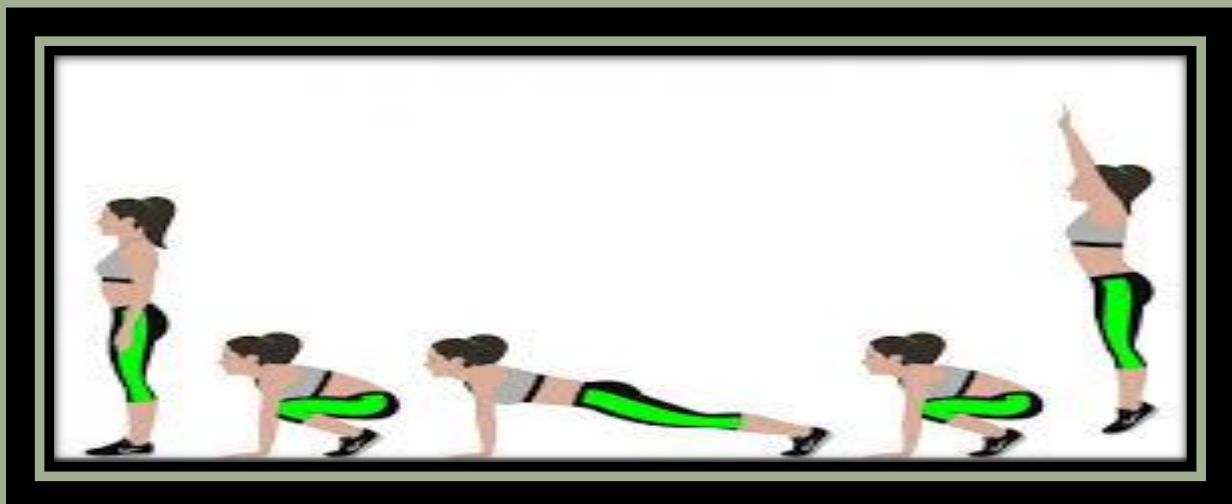
Cycling

Using exercise equipment like a treadmill or exercise bike

Swimming

Is it important to stretch before and after exercising?

Yes. Stretching before and after exercising helps to prevent injuries and strengthens the body.



I'm so busy. How can I find time to exercise?

Anyone can work some exercise into the daily schedule. You can do many exercises at home, outdoors or even at work. Here are some suggestions:

Exercise while watching TV. You can do stretching exercises or use free weights or exercise equipment such as an exercise bike.

Exercise around the neighborhood. You can bike to the store, work in the garden, mow the lawn, or take out a ball or Frisbee and offer to play a game with the kids.

Exercise at work. Park your car at a distance or get off the bus a stop early and walk 10 minutes to the office. Take the stairs instead of the elevator, take a brisk walk on your lunch hour, or join the team if your company participates in recreational sports.

How can I make exercise a habit?

Choose something you like to do

Find a partner, someone to exercise with you

Alternate your routine: walk one day, dance the next

Make exercise fun: exercise with a group or exercise to music

Stay positive: don't worry if you do not see

progress right away. It may take weeks before you notice any change

Check your progress: see if you can walk a longer distance or exercise for longer periods of time without getting tired.



