



Nutrition Basics

With spring just around the corner for some it is time to consider shedding the extra pounds of winter. Knowing good nutrition basics can assist with this process and make for a lifetime of healthy eating. Instead of "dieting" this spring make a commitment to healthy nutrition.

Knowing what to eat and how much is the key to good eating habits. You should consult your doctor or a dietician for instruction if you have any medical conditions that would alter your daily dietary intake.

The three main macronutrients in food are carbohydrates, fat, and protein. Each is important in keeping the body in balance.

Carbohydrates provide the body with energy and should account for 50% of your daily dietary intake. Sources of carbohydrates include bread, cereal, pasta, grains, rice, beans, starchy vegetables, milk, yogurt, fruit, sweets and sugary foods. Half of your carbohydrates should be from whole grain products. To qualify as "whole grain", "whole wheat flour" should be one of the first two ingredients listed. Carbohydrates have 4 calories per gram.

Fiber is carbohydrates that cannot be digested. The American Heart Association recommends 25-30 grams per day of fiber. Soluble fiber includes oats, brown rice, citrus, barley, and strawberries. Soluble fiber can assist with decreasing cholesterol. Insoluble fiber includes cabbage, beets, carrots, and apple skins. Insoluble fiber is important for bowel function. Fiber reduces the risk of heart disease, diabetes, diverticular disease and constipation and is an important part of a healthy diet.

Fat in the diet is needed to transport fat soluble vitamins (A, D, E, K). Saturated and trans fats may increase cholesterol levels and should be consumed in moderation. Polyunsaturated fats are considered to be the "healthy fat". These are found in corn oil, sesame oil, fish, and safflower oil. Fat should total less than 30% of total daily calories. There are 9 calories per gram of fat which is why foods higher in fat and higher in calories. Sources of fat include butter, margarine, oil, mayonnaise, sour cream, avocado and olives.

Protein helps to build and repair body tissue. It is important in the diet following surgery or illness. Approximately 20% of total daily calories should come from protein. Protein has 4 calories per gram. Sources of protein include chicken, beef, pork, eggs, cheese, beans, and peanut butter.

Cholesterol should be restricted to 300 mg a day. Cholesterol is found in animal products and foods made from animal products. To limit dietary cholesterol limit eating red meat to twice a week and choose lean cuts of meat, removing visible fat before cooking. You can also use egg substitute or egg whites.

What to Eat Each Day

5-8 servings of grains

1 serving = 1 slice of bread, 1 cup cold cereal, ½ cup hot cereal, rice, or pasta.
Large bagel or tortilla = 4 servings -read your labels.

2.5 - 3 cups of vegetables

1 serving = 1 cup of raw/cooked vegetables or 2 cups of raw leafy vegetables.

1.5 - 2 cups of fruit

1 cup = 1 cup of juice or fruit or ½ cup dried fruit.

3 cups of nonfat or low fat milk

1 cup = 1 cup milk or yogurt, 1.5 oz. cheese, 1/3 cup shredded cheese.

5-6 oz. Protein

1 oz. = 1 oz. meat (a deck of cards is the size of approximately 3 oz. of meat), ¼ cup dried beans, 1 egg, 1 tablespoon peanut butter, ½ cup nuts or seeds.

5-7 teaspoons oil

1 tsp. = 1 tsp. oil, transfat free margarine, mayo, or salad dressing. 2 Tbs. peanut butter = 4 tsp. oil,
1 oz. of nuts = 3 tsp oil, ½ avocado = 3 tsp. oil.



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Father we thank You for the harvest and fruits of the earth. Help us to achieve dietary balance to protect our bodies from disease and to promote optimal health.

Jennifer Boyce

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Blood Pressure Screening:

Sat., April 19 6:00 PM
Sun., April 20 9:00 AM

Office Hours

Tuesday 1-3 p.m.