

Nutrition

What is Nutrition?

- Nutrition = how food affects the body
- Provides energy, growth, and repair
- Two main types of nutrients:
 - a. **Macronutrients** (carbs, fats, protein)
 - b. **Micronutrients** (vitamins, minerals)

a. **Macronutrients Overview**

- Needed in large amounts
- 3 types:
 1. Carbohydrates → energy
 2. Fats → protection & hormones
 3. Proteins → muscle & repair

1. Carbohydrates

- Main source of energy
- Broken down into **glucose**
- 4 types:
 - Simple carbs
 - Complex carbs
 - Processed carbs
 - Natural carbs

Simple Carbs

- Quick energy, fades fast
- Easy to digest

Examples:

- Candy, chocolate
- White bread, cakes
- Sugar, honey
- Fruit

Complex Carbs

- Slow, steady energy
- Keep you full longer

Examples:

- Whole grain bread, pasta
- Brown rice, oats
- Beans, lentils
- Potatoes

Processed vs Natural Carbs

Processed (Refined):

- Low nutrients
- Examples: white bread, cereal, sugar

Natural:

- High nutrients
- Examples: fruits, vegetables, whole grains

Healthy Carb Choices

- Choose whole grains over white flour
- Eat more fruits and vegetables
- Limit sugary snacks and drinks

2. Fats

- Helps:
 - Cell growth
 - Protect organs
 - Keep body warm
- Types:
 - Saturated
 - Unsaturated
 - Trans fats

Saturated vs Unsaturated Fats

Saturated Fats (Less Healthy):

- Solid at room temp
- Examples: butter, cheese, meat

Unsaturated Fats (Healthier):

- Liquid at room temp
- Examples: olive oil, nuts, avocado

Trans Fats

- Very unhealthy
- Increase risk of heart disease

Found in:

- Fried foods (fries, fried chicken)
- Donuts, cakes, pastries
- Chips, processed snacks

Healthy Fat Choices

- Use olive oil or plant oils
- Eat nuts, seeds, avocado
- Avoid processed and fried foods

3. Proteins

- Build and repair muscles
- Made of **amino acids**
- Found in:
 - Animal foods
 - Plant foods

Protein Examples

Animal-based:

- Chicken, fish, eggs, milk

Plant-based:

- Beans, lentils, tofu
- Nuts, seeds, soy

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Balanced Diet (Canada Food Guide)

- 50% fruits & vegetables
- 25% whole grains
- 25% protein & fats
- Focus on whole, natural foods

B. Micronutrients

- Needed in small amounts
- Help body function properly
- Two types:
 - Vitamins
 - Minerals

Vitamins & Minerals Examples

- Vitamin C → oranges (immune system)
- Calcium → milk (bones)
- Iron → spinach (blood health)

Supplements vs Real Food

- Whole foods = best source
- Multivitamins often not necessary
- Nutrients from food are easier to absorb

Key Takeaways

- Choose natural over processed foods
- Eat more complex carbs
- Limit unhealthy fats
- Balance all nutrients
- Eat more fruits and vegetables