

A Very Brief Guide to Nutrition

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Food Guide:

Vegetables and fruit are good sources of A, C, folacin. 5 servings.

Milk and milk products supply protein, calcium, vitamin A, B-vitamins.

2-3 servings.

Meat, poultry, fish, beans, etc. provide protein, B-vitamins, and iron.

2 servings.

Breads and cereals provide carbohydrates and B-vitamins. 6 servings.

Fats, oils, and sweets (used sparingly). Monounsaturated oils provide essential fatty acids. Limit.

Nutrition Summary:

1. **Carbohydrates:** for energy. Breads, grains, cereals, fruit, vegetables, dairy. Provide adequate fiber from whole grains. Sugar (a simple carbohydrate) promotes tooth decay, dilutes out the diet.
2. **Protein:** for growth, repair of tissue, regulation of body functions. Meat, fish poultry, dry beans, peas, lentils, eggs, dairy products.
3. **Fat:** for essential fatty acids; absorption of fat soluble vitamins and calcium. Also helps you to fill full longer. Whenever possible, use monounsaturated oils (olive, canola, and peanut oil). Avoid hydrogenated fats, since they contain trans fatty acids.
4. **Vitamins:** speed up chemical reactions in the body. Vitamins A, C, and folacin are commonly deficient in young women's diets.
5. **Minerals:** for regulation of body functions, bones, and teeth. Iron is commonly deficient in women's diets. Red meat and fortified cereals are the best sources of iron. Calcium is deficient in many diets, depending on milk consumption.

Nutrient Dense Foods:

Broccoli, carrots, green peppers, oranges, kiwi, bananas, apricots, chicken, tuna, lean beef and pork, low fat dairy products, dry beans, lentils, eggs, whole grain breads, and fortified cereal.