

# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 2 Content: Principles of Nutrition

### Principles of Nutrition

## PRINCIPLES OF NUTRITION



In this interactivity, click the circles at the bottom of the screen to examine principles of nutrition.



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### Importance of Nutrients

## PRINCIPLES OF NUTRITION

### IMPORTANCE OF NUTRIENTS

Food is fuel

Cravings for nutrients

Improve outlook

Proteins, carbohydrates, fats,  
vitamins, minerals, water

Energy

Growth and maintenance

Control body processes



Food is the fuel that keeps the body alive. Eating can be one of the great pleasures of living. To eat for good health does not mean you must miss out on the pleasures of eating. You may notice that as you eat healthier, your body craves more nutritious food that satisfies the body. Eating healthy food can improve your whole outlook on life. Scientists have identified many nutrients that your body needs. There are six main kinds of nutrients: proteins, carbohydrates, fats, vitamins, minerals, and water. The combination of these nutrients provide the following for the body:

- Fuel for energy
- The basic building blocks for growth and maintenance
- Substances that act to control body processes.

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### Wise Choices

## PRINCIPLES OF NUTRITION

### WISE CHOICES

- Difficult
- A lot of unhealthy food
- Changing research
- Red meat too fatty
- Vegetable protein
- Dairy
- Low-fat and fat-free dairy



Making wise food choices daily can be very difficult, not only because of the prevalence of unhealthy food, but also because researchers are continually finding new information concerning healthy food choices. For example, the consumption of generous quantities of red meat has been accepted as an ideal source of protein. Nutritionists now believe, however, that with that protein comes more animal fat than the body needs. Red meat is a source of high protein, but today people are encouraged to eat more vegetable protein and cut back on the animal fat. Until recently, dairy products have been a safe “good-for-you” food. No one would dispute the good food value of dairy products, but with high consumption comes high levels of animal fat. Today, low-fat and fat-free dairy products are recommended in our regular diets.

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### Fast Food

## PRINCIPLES OF NUTRITION

### FAST FOOD

- Good and bad changes
- Chicken items are not healthy
- Bewildering choices



Another change in society is the role of the fast-food industry. Some of the changes and additions are good, but others are not. For example, some of the so-called “healthy” chicken items served at fast-food restaurants are as bad as burgers and fries. With the fast-food industry and even “sit-down” restaurants, the number of choices available to the consumer has become bewildering, and at times confusing as to the “healthfulness” of the choices.

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### What's In Your Food?

## PRINCIPLES OF NUTRITION

### WHAT'S IN YOUR FOOD

- Gain knowledge
- Read nutrition labels
- Know how prepared
- Prepare food at home
- Dietary changes



To be able to eat a good diet today requires more knowledge than ever before. That includes being able to read nutritional labels carefully. Eating well also requires that you know how foods are prepared and know what's "in" your food. For instance, broccoli prepared in a restaurant might have a lot of butter on it, which lowers its health benefits. Preparing broccoli at home allows you to know exactly what is in that serving of broccoli.

Eating well requires you to make personal dietary changes that are best for you. Use good decision-making skills.