

Helping Nutrition Help You

Food Service Awareness Week
February 9-13, 2009

Food Service Manager's Day
February 11, 2009



What are the benefits?

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy
- Stronger muscles and bones

Vegetables and Fruits

- Increased intake of fruits and vegetables are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, type 2 diabetes, and cancers in certain sites (oral cavity and pharynx, larynx, lung, esophagus, stomach and colon-rectum)
- Fruits and vegetables are all important to a healthful diet and can be good sources of the nutrients of concern

Vegetables and Fruits cont.

- Fruits and vegetables provide a variety of micronutrients and fiber and are good sources of Vitamins A,C, folate and potassium.
- Different vegetables are rich in different nutrients.

Fruit continued....

- Grapes have Vitamin C, K and calcium and have up to 20 antioxidants. This is found in red, purple and black varieties of grapes.
- Berries have Vitamin C which helps the immune system.
- Watermelon has Vitamin A,C and B6, potassium. Watermelon is one of the higher in lycopene an antioxidant than any other fruit or vegetable including tomatoes.

Did you know?

- A lettuce like Romaine has up to 6x as much Vitamin C and 5-10x as much beta carotene which is used to make Vitamin A than iceberg lettuce
- Spinach has Vitamin A for healthy eyes, and has Folacin, Vitamin c, and iron.
- Tomatoes have lycopene which is an antioxidant. It protects our body's cells from the side effects of metabolism.

Did you know?

- Onions are good sources of fiber, Vitamin C, Vitamin B6, and potassium
- Carrots have Vitamin A, several of the B vitamins, Vitamin C and Potassium
- Potatoes have Potassium and Vitamin C
- Turnips have potassium, calcium and is a natural antioxidant
- Beans have fiber, iron which carries oxygen to the blood, zinc to fight infections and Vitamin C for fighting infections.

How many vegetables and fruit do we need each day?

Adults 19-50 females 7-8

Adults 19-50 males 8-10

Adults 51+ females 7

Adults 51+ males 7

Grain Products

- Grains are important sources of many nutrients and can promote health and reduce chronic disease risk.
- Consuming whole grains can reduce the risk of several chronic diseases and may help with weight maintenance.

How many grains do I need each day?

- Adults 19-50 yrs. Female- 6-7
- Adults 19-50 yrs. Male- 8
- Adults 51+ yrs. Female- 6
- Adults 51+ Male- 7

Why do we need Milk and Milk products?

- Milk is an important source of many nutrients
- The consumption of milk products is especially important for children and adolescents who are building their peak bone mass and developing lifelong habits.

Milk and Milk products



Milk and Milk Products are a good source of calcium and other bone building nutrients such as Vitamin D, Magnesium, Phosphorous and Protein.

How much do I need to eat each day?

Adults 19-50 yrs Female- 2

Adults 19-50 yrs Male- 2

Adults 51+ Female- 3

Adults 51+ Male- 3

Meat and Alternates

- Every cell in the human body contains protein.
- It is a major part of the skin, muscles, organs, and glands. Protein is also found in all body fluids, except bile and urine
- You need protein in your diet to help your body repair cells and make new ones. Protein is also important for growth and development during childhood, adolescence, and pregnancy

Meats and Alternates cont.

- Complete proteins contain all nine essential amino acids. Complete proteins are found in animal foods such as meat, fish, poultry, eggs, milk and milk products such as yogurt and cheese. Soybeans are the only plant protein considered to be a complete protein.
- Incomplete protein lack one or more of the essential amino acids. Sources of incomplete protein include beans, peas, nuts, seeds, and grain.

Meat and Alternates cont.

- Vegetarians are able to get adequate amounts of essential amino by eating a variety of plant proteins.
- Did you know?
- You need protein to keep your immune system healthy, synthesize neurotransmitters and create and signal hormones and much more.

Meat and Alternates

How many servings are required:

19-50 yrs. Female- 2 servings

19-50 yrs. Male- 3 servings

51 + yrs. Female- 2

51 + yrs. Male- 3



Help Nutrition Help You

Allow nutrition to help you to get all of the nutrients that you require to maintain a healthy body.

Enjoy a variety of foods from each of the food groups

Set goals in researching how food items can help you

Resources

- Health Canada
www.healthcanada.gc.ca/foodguide
- <http://www.health.gov/DietaryGuidelines/dga2005>

