

NUTRITION 101

BALANCE • VARIETY • PORTIONS

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Eating from a variety of food groups provides important and vital macro and micro-nutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.



FRUITS

Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

VEGETABLES

Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

GRAINS

Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

PROTEIN

Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

DAIRY

Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

Good nutrition can:

- Build immunity
- Protect from chronic diseases.
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook.
- Improve memory.
- Strengthen bones and muscles.

Good Nutrition Is Important This Guide Will Help You Choose

Kimberly A Tessmer



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Your Pregnancy Quick Guide: Feeding Your Baby Glade Curtis,Judith Schuler,2009-04-30 The advantages and disadvantages of breastfeeding and bottle feeding Guidelines for establishing a breastfeeding routine What you need to know about how your nutrition affects your breast milk Tips for safe and healthy bottle feeding Information on different formula options and how to find the right one for your baby Tips for introducing solid foods and monitoring for food allergies Advice on the best feeding and burping positions How to recognize whether your baby is getting enough nourishment

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Weight Loss for Life ,2000 Paul Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2010-04-07 5 Stars Doody s Review Service Nutrition Fourth Edition is an accessible introduction to nutritional concepts guidelines and functions It brings scientifically based accurate information to students about topics and issues that concern them a balanced diet weight management and more and encourages them to think about the material they re reading and how it relates to their own lives Covering important biological and physiological phenomena including glucose regulation digestion and absorption and fetal development as well as familiar topics such as nutritional supplements and exercise Nutrition Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition

Discovering Nutrition Dr. Paul Insel,Kimberley McMahon,Melissa Bernstein,2025-05-13 Incorporating the latest research and dietary guidelines Discovering Nutrition

Seventh Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach. Written with a diverse student population of nutrition majors and non majors in mind, this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways. Thoroughly updated, the new seventh edition covers current nutrition topics of interest such as personalized nutrition, nutrigenomics, the obesogenic environment, gut health, microbiome, plant based diet, functional foods, bioavailability, nutrition density, and gut microbiome. Feature boxes such as the new Lifestyle Medicine, Why Is This Important, Quick Bites, and more ensure students learn practical nutrition information.

Meal Planning Made Easy United States. Federal Extension Service, 1966

Discovering Nutrition Paul M. Insel, Elaine Turner, Don Ross, 2010. Discovering Nutrition Third Edition is a student friendly introduction to nutrition on a non majors level. Coverage of material such as digestion, metabolism, chemistry, and life cycle nutrition is clearly written, accessible, and engaging to undergraduate students.

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