



NUTRITION

FUNDAMENTALS



SMALL CHANGES
BIG BENEFITS

- Understand Healthy Eating Patterns and its components
- Establishing Healthy Eating Patterns
- Nutritional Tips
- Physical Activity Tips (Move More and Sit Less)

NUTRITION FUNDAMENTALS

Information provided by Odalis Martinez | Dietetic Intern

Understanding Healthy Eating Patterns

a. Dietary patterns represent what you eat and drink habitually. This pattern may better predict overall health status and risk than individual foods or nutrients. So, it is important to have a dietary pattern that consists of nutrient-dense forms of foods and beverages across all food groups in recommended amounts and within calorie limits to help prevent health issues such as type 2 diabetes, obesity, heart disease, and some types of cancer.

b. Build a healthy eating pattern by choosing a variety of nutritious foods in the right amounts for you and incorporating it into your daily routine. Think of everyday as an opportunity to make a healthy choice!

Main Components of a Healthy Eating Pattern

a. Food groups such as vegetables, fruits, grains, dairy, protein, and oils should be eaten at an appropriate calorie level and in forms of limited amounts of added sugars, saturated fat, and sodium

Vegetables (2 ½ - 3 cups daily)

1 cup of raw or cooked veggies or 2 cups of raw leafy salad greens is equivalent to 1 cup. Examples include dark-green veggies, red and orange veggies, beans, peas, lentils, and starchy vegetables.

Fruits (1 ½ - 2 cups whole fruit daily)

1 cup of fruit or 100% fruit juice or ½ cup of dried fruit can be considered 1 cup. All fresh, frozen, canned, dried, or 100% fruit juices are considered to be a part of the fruit group.

Grains (6 oz daily)

1 slice of bread, 1 cup of ready to eat cereal or ½ cup cooked rice/pasta is equivalent to 1 oz. There are two subgroups:

Whole grains:

To be considered 100% whole grain the product must contain all three essential parts of a grain kernel—bran, germ, and endosperm, and must have “whole grain” as the first or second ingredient on the label. Examples include whole wheat flour, oatmeal, quinoa, buckwheat and brown rice.

Refined grains:

To have a finer texture and provide an improved shelf life, these grains go through a milling process, removing the bran and germ of the kernel, along with other important nutrients such as iron, fiber, and many b vitamins. “Enriching” the product adds

certain b vitamins and iron back after processing, excluding fiber. Examples include white flour, corn grits, white bread, and white rice.

Dairy (3 cups daily)

Generally, 1 cup of milk, yogurt, or soy milk, or 1 ½ oz of natural cheese are equivalent to 1 cup. Choose fat free or low fat milk, yogurt, cheese, or lactose-free versions and fortified soy beverages into your diet, to minimize your intake of saturated fats and improve your dietary patterns.

Protein Foods (5 ½ oz daily)

Vary your protein intake to lean meats, poultry, eggs, seafood, nuts, seeds or soy products to get a range of nutrients. Meeting the recommendations for the protein food subgroups— seafood, nuts, seeds, or soy products—increases the intake of unsaturated fats, dietary fiber and vitamin D, while limiting the intake of sodium and saturated fats coming from processed poultry and meat.

Oils (5 teaspoons)

Because oils provide essential fatty acids, it is important for you to consider them as part of a healthy dietary pattern. You can find these in cooking oils such as canola, olive, corn, and peanut oil as well as in nuts, seeds, seafood, olives, and avocados. Limit the usage of fats high in saturated fat, including butter, shortening, lard, or coconut oil.

Establishing Healthy Eating Patterns

a. Limit your intake of added sugars, saturated fats, and sodium

Added Sugars:

These sugars are added during the processing of foods such as table sugar, sugars from syrups or honey, or concentrated sugars in fruit or vegetable juices.

Limit to <10% of calories daily

Naturally Occurring Sugars:

These sugars are found in milk and cheese (lactose) or in whole fruits (fructose) such as apples, bananas, pears, etc.

While our body metabolizes added sugars and naturally occurring sugars the same way, most foods with added sugars offer high calories, with *very little nutritional value*.

Saturated Fats:

Limit to <10% of calories daily

Sodium:

Limit to <2,300 mg daily

How To Calculate Them

Determine your calorie needs of added sugars and saturated fats

Example: based on **2,000 calories a day**

<10% added sugars = 2,000 kcals x 0.1 = **200 kcals** of added sugars daily

<10% saturated fats = 2,000 kcals x 0.1 = **200 kcals** of saturated fats daily

Convert your daily needs of added sugars and saturated fats from calories to grams

Example:

Carbs have **4 kcals/g** -> 200 kcals/4g = **50 g** of added sugars daily

Fats have **9 kcals/g** -> 200 kcals/9g = **22.2 g** of saturated fats daily

Nutritional Tips

Every choice you make is a chance for you to move toward a healthy pattern.

- i.** Instead of frosted shredded wheat cereal -> choose plain shredded wheat cereal
- ii.** Instead of full-fat yogurt with added sugars -> choose plain, low-fat yogurt with fruit
- iii.** Instead of regular canned black beans -> choose low-sodium black beans
- iv.** Instead of butter -> choose vegetable oil
- v.** Instead of soda -> choose sparkling water

Move More and Sit Less

Adopt healthy eating patterns and incorporate physical activity to your daily routine to prevent the onset or rate of progression of chronic diseases

Moderate intensity:

2 hours and 30 minutes to 5 hours a week

Vigorous or moderate + vigorous intensity:

1 hour and 15 minutes to 2 hours 30 minutes a week

Muscle Strengthening or greater intensity:

2 or more days a week

Take it a Step Further

The UH Recreation Center is here to support you and your health journey! Request a Nutrition Consultation with our Registered Dietitian through our website myrec.uh.edu

Single consultation - \$25

Single and follow-up consultation - \$40

   @uhrecreation | uh.edu/recreation
#UHREC

to Donate Text **CAMPUSREC** to 71777