Sources of Energy – Carbohydrates, Fats and Protein

PEBTF

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To provide feedback or to receive a copy of today's slides, send an email to jmeister@activehealth.net.

Learning objectives

Sources of Energy:
Carbohydrates, Fats and Protein

- Review the sources of energy
- Learn the importance of these sources for one's health
- Explain importance of monitoring the sources of energy
- Understand how to read nutrition labels

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Food Basics

Food = Energy (or Calories)

Body needs energy for growth, metabolism, and other body functions

Major nutrients in food: *All food is not equal in calories. Fat, for example, has more than twice the calories, gram for gram, as equal amounts of carbohydrates or protein.

Carbohydrates	Proteins	Fats

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Carbohydrates

Carbohydrates are found in many different foods, some of these foods include:

- Breads, cereals, and other grains
- Fruits
- Starchy vegetables, like potatoes and corn
- Milk and milk products (e.g. yogurt)
- Dried Beans
- Foods containing added sugars (e.g., desserts and sodas)

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Carbohydrates

Choose low fat or non fat milk products

- Low fat or no fat cheese, yogurt, and milk

Try to limit or avoid unhealthy carbohydrates

- Desserts
- Soda
- Breaded or fried foods
- Candy

Choose healthy carbohydrates

- Whole Grains (e.g. whole wheat breads and pastas, bulgur, brown rice)
- Fruits and vegetables
- Beans

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Proteins

- Proteins are part of every cell, tissue, and organ in our bodies
- **Protein** is found in the following foods
  - Meats, poultry, and fish
  - Legumes (dry beans and peas)
  - Tofu
  - Eggs
  - Nuts and seeds
  - Milk and milk products
- Choose **lean cuts** of meat and poultry
- **Plant sources** of protein include
  - Peanut butter, beans, and tofu
- If you have **kidney problems**, you may need to limit how much protein you eat

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Fats

- Major **source of energy** and helps our bodies absorb vitamins
- Important for **proper growth** and for keeping us healthy – focus on healthy fats
- Has **most calories** compared to any other nutrient

Healthy	Monounsaturated fat
	Polyunsaturated fat
	Ex. Avocado, Nuts and seeds, olive oil and olives, vegetable oils (such as sunflower, safflower, corn, soybean, and cottonseed, peanut butter
Unhealthy	Saturated fat
	Trans fat
	Ex High-Fat Cheeses or cuts of meat, full fat milk and cream, butter, palm and coconut oil, "partially hydrogenated" oils, shortening

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Common higher fat foods to limit

- **Meats**
  - Contain fat we can see and fat we cannot see
- **Dairy foods**
  - Whole milk, regular cheese, ice cream
- **Snacks foods**
  - Potato chips, granola bars
- **Butter or margarine**
- **Gravy, mayonnaise, salad dressing**
- **Baked goods**
  - Cookies, cakes, muffins
- **Fat added through cooking**
  - Oil, lard, shortening

Did you know: 70% of fat we eat is hidden in foods!

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Eat a Healthy, Balanced Diet

- **Different foods** are usually a mix of all three macronutrients (carbohydrate, protein, and fat)
- Eat foods from different food groups
- **Controlling fat** intake is one of the most important steps in losing or maintaining weight

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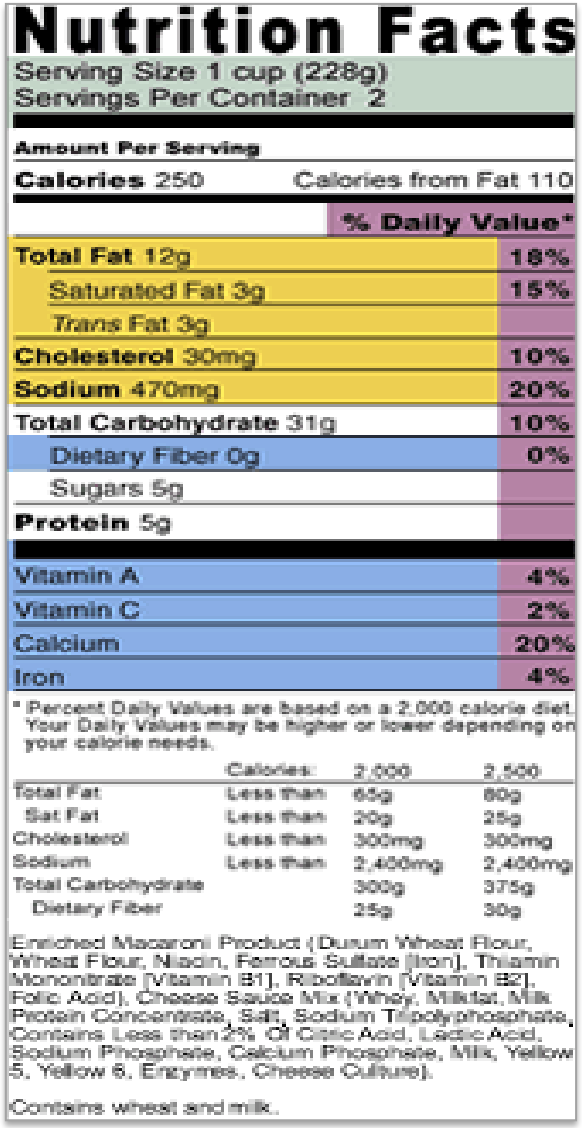
Food Labels

- **Reading food labels** is a great way to know how many calories you are eating
- Keeping **general serving sizes** in mind



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Enriched Macaroni Product (Durum Wheat Flour, Wheat Flour, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Cheese Sauce Mix (Whey, Milkfat, Milk Protein Concentrate, Salt, Sodium Tripolyphosphate, Contains Less than 2% Of Citric Acid, Lactic Acid, Sodium Phosphate, Calcium Phosphate, Milk, Yellow 5, Yellow 6, Enzymes, Cheese Culture).

Contains wheat and milk.

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Measure Your Foods

- A small difference in portion size = big difference in calories
- Weighing and measuring foods is an important step in knowing what we eat,
  - Use measuring cups, spoons and scale to measure food

1 cup of pasta = 221 calories

2 cups of pasta = 442 calories

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Make a Plan that Works for You

- No specific “diet”
- You and your **family** can eat the same healthy foods at mealtime
- Focus on making **healthy choices** that are good for you and your family

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Setting a S.M.A.R.T. goal

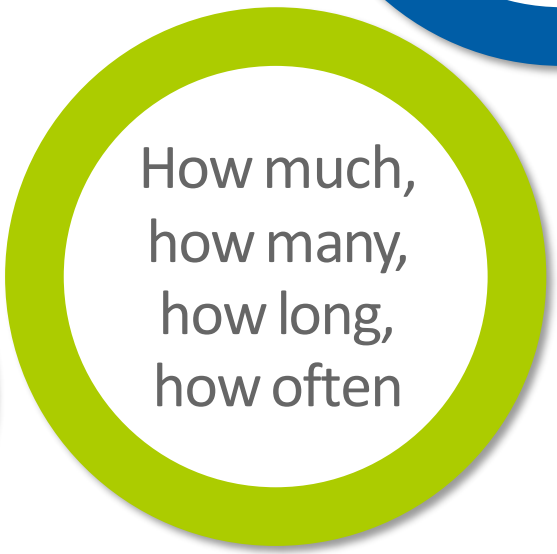
Specific — Ask who, what, where, when, why

Measurable

Attainable/**A**chievable/**A**ction-Based

Realistic

Timely



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Summary

- Carbohydrates, protein and fats are **important nutrients** in our diet
  - Limit intake of fat
- Weight management is about **balance**
- You can **weigh and measure food** to make it easier to figure out the calories and portions you are eating
- Let's practice!
  - **Which foods do you want to increase in your diet?**
  - **Which foods do you want to decrease in your diet?**

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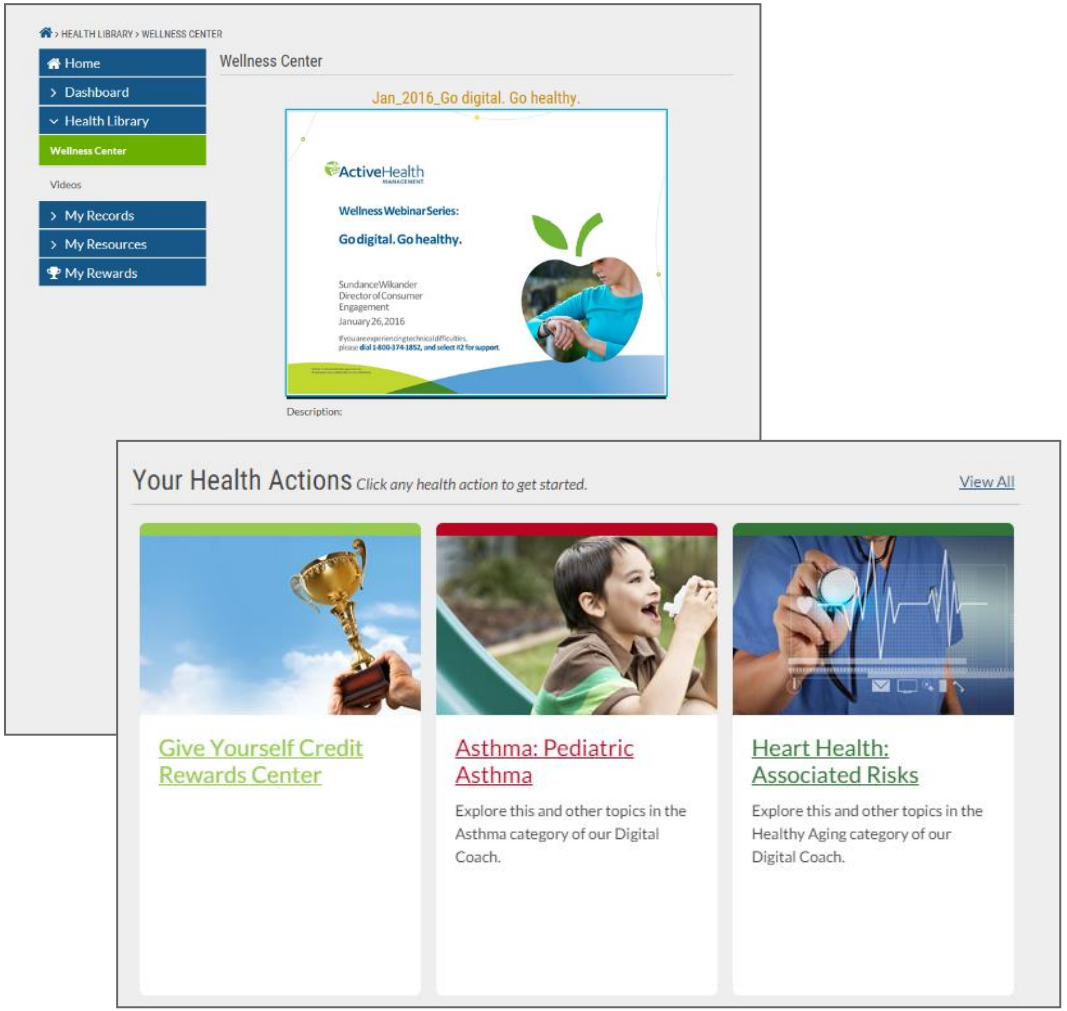

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Your Digital Coach has *New* Insights to Help You

- Do you want to learn more about your health? We have answers!
- Stay motivated on your journey to lifelong wellbeing

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Some of the *New* Tools Include

- Articles, games, videos, and other engaging content on:
  - **Coronary artery disease**
  - **Living a heart healthy lifestyle**
  - **Mindfulness**

Visit your **Digital Coach** on **MyActiveHealth** to explore *new* content!

Join Me In August!

On-Site Lunch n' Learns

- **Hurray for Fruits and Veggies!**
  - August 9 @ Revenue Strawberry Square
  - August 16 @ Game Commission
  - August 17 @ Rachel Carson Building
    - 12:00 – 12:30pm
      - www.pebtf.org/wellness

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Join Me In September!

Webinars

- **Healthy Eating**
  - September 8 or September 22
    - 12:00 – 12:30pm
      - www.pebtf.org/wellness

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