


Understanding Nutritional Guidelines

- *Dietary Reference Intakes (DRIs)*: recommended intake levels of essential nutrients for optimal health
- *Recommended Dietary Allowance (RDA)*: represents the average daily amount of any one nutrient to protect against nutritional deficiency
- *Acceptable Macronutrient Distribution Range (AMDR)*: intake levels of essential nutrients that provide adequate nutrition and reduce risk of chronic disease



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The slide has a light green background with a vertical green bar on the left side. At the bottom left, there is a small illustration of a park bench and a tree.

Understanding Nutritional Guidelines

- *USDA MyPlate*: graphic nutritional tool developed to accompany the 2010 *Dietary Guidelines for Americans*
- *Daily Values*: standards used on food labels to indicate how a particular food contributes to the recommended daily intake of major nutrients in a 2,000-calorie diet



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Types of Nutrients

- *Essential nutrients*: needed to build, maintain, and repair tissues and regulate body functions
- *Macro-nutrients*: needed in large amounts
 - Water, carbohydrates, proteins, fats
- *Micro-nutrients*: needed in small amounts
 - Vitamins, minerals
- *Calorie*: measure of energy provided by food
 - 9 calories per gram of fat
 - 4 calories per gram of carbohydrates and proteins



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Water—The Unappreciated Nutrient

- Function:
 - Digests, absorbs, transports nutrients
 - Helps regulate body temperature
 - Carries waste out of the body
 - Lubricates our body parts
- RDA:
 - 1 to 1.5 milliliters per calorie spent
 - 2 to 3 liters, or 8 to 12 cups of fluid
 - Water needs can vary depending on several factors, such as foods consumed and activity level



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Carbohydrates—Your Body's Fuel

- The body's main source of energy
 - Fuel most of the body's cells during daily activities
 - Used by muscle cells during high-intensity exercise
 - Only source of energy for brain cells, red-blood cells, and some other types of cells
- Types:
 - Simple carbohydrates (sugars)
 - Complex carbohydrates (starches and dietary fibers)
- RDA:
 - 130 grams for males and females (aged 1–70)



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