

Guest Presentation – eating your way through college

- Macronutrients:
 - Protein: important for growth, tissue repair, immune function, making essential hormones and enzymes, energy when carbohydrate is not available, and preserving lean muscle mass
 - Carbohydrate: body's main source of fuel, needed for CNS, kidneys, brain, & correct muscle functioning
 - Fat: important for normal growth & development
- 3 dif. types of hunger:
 - taste hunger – eating because something sounds good or the occasion calls for it
 - practical hunger - planning ahead and eating bc wont get to later
 - emotional hunger – quenching uncomfortable feelings by eating
- respect your fullness: eat slowly, pause in the middle of meals, eat consciously

Nutrition

- Understanding Nutritional Guidelines:
- **Recommended dietary allowance (RDA)** – average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people
- **Acceptable Macronutrient Distribution Range (AMDR)** – ranges that represent intake levels of essential nutrients that provide adequate nutrition and that are associated with reduced risk of chronic disease
 - AMDR for adults (as a percentage of calories) are...
 - o Carbohydrate: 45-65%
 - o Protein: 10-35%
 - o Fat: 20-35%
- Types of nutrients:
- **Essential nutrients:** needed to build, maintain, and repair tissues and regulate body functions
 - **Macro-nutrients:** needed in large amounts
 - o Water
 - o Carbohydrates
 - o Proteins
 - o Fats
 - **Micro-nutrients:** needed in small amounts
 - o Vitamins
 - o Minerals
- Fuel potential:
 - A kcalorie is the amount of energy it takes to raise the temperature of 1 kilogram of water 1 degree centigrade
 - 3 macronutrients supply energy...
 - o fat = 9 calories per gram

- protein = 4 calories per gram
 - carbohydrates = 4 calories per gram
 - Micronutrients have no calories
- Water:
- **Function:**
 - Digests, absorbs, transports nutrients
 - Helps regulate body temperature
 - Carries waste out of the body
 - Lubricates our body parts
- **RDA:**
 - 1 to 1.5 millileters per calorie spent
 - 2 to 3 liters, or 8 to 12 cups of fluid a day
 - water needs can vary depending on several factors, such as foods consumed and activity level
- Carbohydrates:
- **Function:**
 - 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 (good for endurance athletes to consume additional carbs)
 - Only source of energy for brain cells, red-blood cells, and some other types of cells
- **Types:**
 - **Simple carbohydrates (sugars)**