

Food Groups

BODY COMPOSITION INTRODUCTION

Body composition is the tissue breakdown of your body. It usually only differentiates between fat and all other body tissue (muscle, bone, organs, blood...). It is normally expressed as a percent of body fat. Someone might have an estimated 20% body fat, so the other 80% is everything else in the body. Fat is not a bad thing; it has many useful functions on our body. It insulates the body, protects it, contributes to cell health and is used as a source of fuel. There are many ways to estimate % of body fat. Skin fold measurements, electrical impedance, infrared and underwater weighing. Control of your body fat is done through good nutritional habits and exercise. Only aerobic exercise uses fat as fuel.

Food Groups

Summary

Milk and milk products:

1. What kinds of food are in this group?

~Milk and milk products

~cheese

~yogurt

~pudding

note: Foods in this group are good sources of calcium. Food such as butter, cream cheese and whipped cream are made from milk, but they contain primarily fat. These foods are classified as extras.

2. Why do I need these foods?

~calcium is for strong bones and to help them grow.

~bone calcium for storage later in life

3. How much do I need?

~As a teenager, you need four servings a day.

This will give you the amount of calcium you need for strong bones and teeth.

MEAT, BEANS AND NUTS

1. What food are in this group?

~Meats- beef, chicken., turkey, pork, fish...

~Beans- dry beans, pinto beans, lima beans, split peas.

~Nuts- include any nut or seed as well as peanut butter

~Eggs- are included in this group also

Note- foods in this group come from both plant and animal. All these food provide protein for your body.

Some meats are not considered to be in this group because they contain a high level of fat, such as bacon.

2. Why do I need this food?

~You need the protein to build strong muscles, repair and build new body tissue.

3. How much do I need a day?

~2 servings a day

~a serving of meat is only about a deck of cards

Vegetables-

1. What foods are in this group?

~vegetables

~fresh, frozen, canned, dried, processed, juices

note- main source of vitamin A. The deeper green and darker the yellow the more Vitamin A

2. Why do I need these foods?

~Vitamin A is good for your skin and eyes

~Vitamin C

~Dietary fiber which helps in digestion and thought to reduce the risk of certain cancers.

3. How much do I need?

~Teenage girls need 4 servings a day

~Teenage boys need 5 servings a day

Difference: Teenage boys need more calories then girls and what a better way then through vegetables that also include vitamins, minerals and fiber.

Fruits

1. What foods are in this group?

~Fruits

~fresh, frozen, canned, dried, processed, juices

note- main source of vitamin c and fruit is naturally low in fat. If too much sugar is added or baked in pastry items the fruit then becomes an extra because it is higher in sugar than normal.

2. Why do I need these foods?

~vitamin C helps you body heal and grow new cells.

~Vitamin A for skin and eyes

~provides dietary fiber which helps in digestion and reduce your risk of some cancers.

3. How much do I need?

~Teenage girls 3 servings

~Teenage boys 4 servings

Breads and grains

1. What foods are in this group

~any food that is a grain or is made up of grains is in the bread and grains group.

~Examples- breads, cereals, rice, pasta, tortillas, crackers, pancakes...

note- Rich in Vitamin B as well as long lasting energy. Naturally low in fat, but sometimes when processed and cooked fat or sugar is added increasing the fat content of some foods. When fat or sugar content gets so high that it outweighs the nutrient content, then the food becomes an Extra. IE: donuts, cookies and cakes.

2. Why do I need these foods?

~High in vitamins

~high in fiber that helps in digestion and thought to reduce you risk of certain cancers.

~important source of energy (complex carbohydrates)

~Complex carbohydrates are burned at a slow rate, which means that your body can use them for several hours after you have eaten them.

3. How much do I need?

~Teenage girls need 9 servings a day

~Teenage boys need 11 servings a day

FATS

NOTE-USE SPARINGLY