**Nutrition**

**Nutrition:** the science of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_ you eat, \_\_\_\_\_\_\_\_\_ you eat, and how the food you eat affects your body and your health.

Food provides 2 basic needs:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is measured in calories and allows your body to perform its many internal functions, such as digestion and heart beating. Energy allows you to move about and lead an active life.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are chemicals from food that your body uses to carry out functions, such as to build, maintain and repair tissues

**Energy:**

The number of calories your body needs each day depends on:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Estimated Energy Requirements:**

|  |  |  |
| --- | --- | --- |
| Gender | Age | Activity Levels |
| Sedentary | Moderately Active | Active |
| Female | 14-18 years | 1,800 Calories | 2,000 Calories | 2,400 Calories |
| Male | 14-18 years | 2,200 Calories | 2,400-2,800 calories | 2,800-3,200 Calories |

Energy balance and weight **maintenance** occurs when:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

More energy **IN** than **OUT** over time = weight gain

More energy **OUT** than **IN** over time = weight loss

www.nestlenutrition.com

* Don’t \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_, focus on making healthy food choices using Canada’s Food Guide and leading an active lifestyle.

**Basal Metabolic Rate (BMR):**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercising can increase BMR

Calculate your BMR:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Calculate your calorie needs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Body Mass Index**: Chart to determine appropriate weight for height (is only a guideline – very muscular people can be considered overweight using this chart because muscle weighs more than fat)



**Nutrients:**

**Six Major Types of Nutrients:**

How can you remember the 6 major types of nutrients?

FPCVMW =

1. Barechadortys = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Tisponer =­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Atsf = \_\_\_\_\_\_\_\_\_\_\_
4. Nivastim = \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Rilmasen = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Etwra = \_\_\_\_\_\_\_\_\_\_\_\_\_

**Macronutrients:** Your body needs in large quantities (> 1 g/ day)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

**Micronutrients:** Your body needs in smaller quantities (< 1 g/day)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Energy-Containing Nutrients:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ provide 4 Calories per gram (multiply grams in a label by 4 to get the number of calories – then divide by total calories and multiply by 100 for percent)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ provide 4 Calories per gram (multiply grams in a label by 4 to get the number of calories – then divide by total calories and multiply by 100 for percent)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ provide 9 Calories per gram (multiply grams in a label by 9 to get the number of calories – then divide by total calories and multiply by 100 for percent)

**Energy Source Distribution for Males and Females 14-18 years**

**(Dietary Reference Intakes Acceptable Macronutrient Distribution Range)**



**25-35%**

**45-65%**

**10-30%**

**Empty Calories:**

**Nutrient Dense:**