STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION

VOLUME 12, TISSUE 2| Be Clean, Eat Smart, Just For the Health of It |wku.edu/crw/hep(270)745-4439

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

NUTRITION

BASIC FACTS

NutritionFacts.org | The Latest Nutrition Related Topics

- The goal is to eat a variety of wholesome foods to support your health
- Food is made up of
  - Macronutrients (carbohydrates, fat, and protein) provide the body with energy and play specific roles in maintaining optimal health
  - Micronutrients don't provide energy but ensure the body functions at full capacity
- Feel like you don't know enough nutrition basics? Talk with a Registered Dietitian at Hilltopper Nutrition (Room 1074 in the Health Services Building on campus.)

MICRONUTRIENTS

You can get these by consuming a wholesome, balanced diet from ALL food groups

MINERALS

help provide skeletal structure and maintain heart health

Iron
- transports oxygen in the body

Calcium
- strengthens bones and teeth

Magnesium
- supports muscle and nerve function

VITAMINS

help produce energy, heal wounds, form bones, and increase immunity

Vitamin A
- helps the eyes to see

Vitamin C
- helps wounds heal

Vitamin K
- helps with blood clotting and binding calcium to bones

Vitamin D
- aids in the absorption of calcium in the body

Benefits of Healthy Eating

https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html

- Promotes a strong immune system
- Keeps skin, teeth, and eyes healthy
- Strengthens bones and supports muscles
- Helps achieve and maintain a healthy weight
- Lowers risk of heart disease, type 2 diabetes, and some cancers

MACRONUTRIENTS

FATS

provides structure to cells and is essential for the absorption of fat-soluble vitamins.

The type of fat is important. Choose *unsaturated* fats instead of *saturated* fats.

CARBS

provide **energy** and **fuel** to the body.

PROTEIN

building blocks for growth, repair, and maintenance of body tissues.

Tools to Build a Healthy Eating Pattern

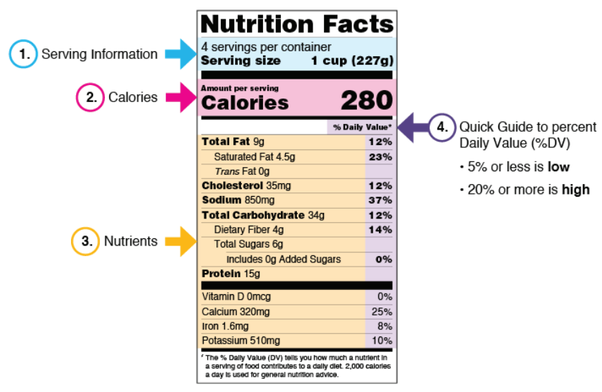
1. MyPlate

To simplify healthy eating, focus on food groups instead of individual nutrients. The 5 food groups of the MyPlate are packed with macro and micro nutrients; therefore, making it easier for individuals to meet their nutritional needs.

Aim to make your plate:
- ½ fruits and vegetables
- ¼ grains (at least ½ being whole grains)
- ¼ lean protein
- include low fat **dairy** with each meal

2. Food Labels

- Food labels are important tools for your daily health and nutrition/fitness journey
- Understanding them properly will help you curate a healthy, balanced diet
- The Nutrition Facts Label provides information about a food's nutrient content.
  - This includes serving size, calories, sugar, sodium, vitamins, fat, and more!



Nutrition Facts

4 servings per container

Serving size 1 cup (227g)

Amount per serving

Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size

- Remember, the serving size is NOT a recommendation for how much a person should eat or drink, but instead reflects the amount that people typically eat or drink.

Calories

- Calories measure the amount of energy within a serving of food or drink.
- Remember, the number of servings you consume determine the number of calories you actually eat.

Nutrients

- Have more dietary fiber, vitamin D, calcium, iron, and potassium.
- Have less saturated fat, sodium, and added sugars.

The Percent Daily Value

- The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food.

A general rule of thumb

- 5% DV or less of a nutrient is considered LOW
- 20% DV or more of a nutrient is considered HIGH

Choose foods

- Higher in %DV for dietary fiber, vitamin D, calcium, iron, and potassium
- Lower in %DV for saturated fat, sodium, and added sugars.

3. Smart Grocery Shopping

Planning and stocking your kitchen with nutrient-rich foods is a great way to eat a balanced diet and avoid eating out and fast-food stops

Before

- Plan your meals (daily, weekly, or monthly)
- See what items you already have (You do have food at home)
- Create an organized shopping list and plan to choose the generic or store brands to save money
- Eat before you go food shopping to reduce impulsive purchases

During

- Buy fresh fruits and vegetables as you're able and shop for seasonal produce to save money.
  - Frozen, packaged, and canned fruits and vegetables are good choices, too. Just remember to choose fruit in 100% fruit juice and vegetables without salt, seasonings or sauces.
- Look for whole grain products
  - Look for a whole grain to be listed first in the ingredients list
  - Brown rice, whole wheat pasta, and whole wheat bread are inexpensive options
  - The fresher bread is on the highest shelf
  - The tags on the bags indicate when the bread was baked

- Choose lean protein and low fat dairy
  - Limit red meat
  - Inexpensive choices include beans, peas, lentils, eggs, peanut butter, low-fat/fat-free milk, nut milk, soy milk

After

- Pre-package your own snacks into individual portions to easily grab when you're on-the-go.
- Meal prepping (keep it simple and stretch the recipe)

Resources On-Campus

Hilltopper Nutrition
- Services offered – 1:1 nutrition counseling, cooking demos, disordered eating support, food allergy counseling, grocery store tours, medical nutrition therapy, nutrition presentations, sports nutrition
- How to connect with them:
- Health Services Room 1074
- 270-745-4650
- www.wku.edu/hilltoppernutrition
- Follow @wkudietitian on IG

Munch Mail Packages or HelloFresh
- Weekly meal packages/subscription

WKU Restaurant Group
- www.wku.edu/wkurg
- follow @wkurg on IG

Health Education and Promotion

Upcoming Events

HIV Testing:
November 16th
9:00am – 12:00 pm

Grocery Bingo
December 1st
5:30pm – 6:30 pm

WKU Campus Recreation & Wellness

HEALTH EDUCATION AND PROMOTION