

**Eating Healthy through the Holidays**  
FLEX workshop- 15 November 2006

Nutrition 101

**Nutritional Make-up of Foods**

- The energy in food is called a calorie
- There are 3 nutrients that provide calories- carbohydrate, fat and protein
- All foods contain at least one, or a combination of, these 3 calorie sources
- Some foods contain only one- Olive oil is 100% fat
- Other foods have calories, but no nutrients – Soda has 150 calories per serving, but nothing else

**How Our Bodies Use Calories**

- 75% of the calories we eat are used for basic functions
- **Carbohydrates** to transport oxygen, for basic movements and to feed our cells for growth
- **Protein** to build and rebuild muscles
- **Fat** to absorb vitamins
- All excess calories are stored as fat- Even calories from protein and carbohydrates!
- Body fat is just stored energy
- Physical activity burns off extra calories and stored fat

**Weight Maintenance**

- The key is number of total calories
- Choose foods that have fewer calories and more nutrients- Limit added fat and sugar
- 3500 excess calories make one pound of fat
- One can of soda: 150 calories
- Drinking 3 cans a day for a week- Nearly one pound of ‘stored energy’
- 4 pounds of fat in one month- 48 pounds in one year!

What is energy density?

What is nutrient density?

**Portion Sizes**

- The amount that we eat of foods we like is more important than if we eat them or not
- In the last 20 years portion sizes have increased tremendously
- Eating smaller portions can help maintain body weight

Behavior Techniques (ie But what do I do when I am hungry and there is a lot of food!?)

### **What you eat**

- If possible, find out how the foods were prepared
- Eat the healthier, lower density foods first (eg vegetables, whole grains, drinks)
- Take smaller portions
- Be mindful of added fats like gravy, butter, margarine and dressings (high energy density!)

### **How you eat**

- Eat slowly!
- Drink fluids while you eat
- Enjoy each bite by savoring the subtlety the taste and texture

### **Other related factors**

- Sit far away from foods you have a tendency to overeat
- Take a ten minute break before getting seconds (talking displaces eating!)
- Go for a walk before or after dessert

### **Mental Preparation**

- How you behave does impact your health
- You can still enjoy yourself without overeating
- You are not dieting, you are living a healthy lifestyle