

VITAMIN A

700 UG/DAY

- * IMPORTANT FOR VISION

VITAMIN K

90 UG/DAY

- * BLOOD CLOTTING

VITAMIN D

15 UG/DAY

- * HELPS ABSORB CALCIUM

VITAMIN E

15 MG/DAY

- * ANTIOXIDANT

VITAMIN C

75 MG/DAY

- * ANTIOXIDANT

RIBOFLAVIN

1.2 MG/DAY

- * ENERGY METABOLISM

VITAMIN

B12

2.4 UG/DAY

- * KEEPS NERVE AND BLOOD CELLS HEALTHY
- * HELPS MAKE DNA

THIAMIN

1 MG/DAY

- * HELPS BODY GET ENERGY FROM CARBOHYDRATES

VITAMIN

B6

1.3 MG/DAY

- * ENERGY METABOLISM

NIACIN

15 MG/DAY

- * KEEPS SKIN, HAIR, EYES, AND LIVER HEALTHY

FOLATE

400 MG/DAY

- * HELPS MAKE DNA AND GENETIC MATERIAL

PANTOTHENIC ACID

5 MG/DAY

- * HEALTHY SKIN
- * HELPS BODY METABOLIZE CARBS, PROTEIN, AND FAT

BIOTIN

30 UG/DAY

- * METABOLISM
- * SKIN, HAIR, AND NAILS

CALCIUM

1000 MG/DAY

- * BUILDS STRONG BONES

CHROMIUM

900 UG/DAY

- * NECESSARY FOR NORMAL METABOLISM AND STORAGE OF SUGAR AND STARCH

COPPER

900 UG/DAY

- * BODY NEEDS COPPER FOR STRONG BONES AND BLOOD VESSELS

IODINE

150 UG/DAY

- * THYROID HORMONE

IRON

18 MG/DAY (FEMALES)

- * OXYGEN TRANSPORT

MAGNESIUM

310 MG/DAY

- * PROTEIN SYNTHESIS
- * MUSCLE NERVE FUNCTION
- * BLOOD GLUCOSE CONTROL

MANGANESE

1.8 MG/DAY

- * NEEDED FOR ANTIOXIDANT REACTIONS
- * HEALTHY NERVOUS SYSTEM FUNCTION

MOLYBDENUM

45 MG/DAY

- * COMPONENT OF ENZYMES USES TO BREAK DOWN AMINO ACIDS, DRUGS, AND TOXINS

PHOSPHORUS

700 MG/DAY

- * MUSCLE CONTRACTIONS
- * TRANSMISSION OF NERVE IMPULSES

SELENIUM

55 MG/DAY

- * USED IN ANTIOXIDANT REACTIONS THAT HELP PROTECT THE CELLS

ZINC

11 MG/DAY (MALES)

- * HELPS TO KEEP YOUR IMMUNE SYSTEM STRONG
- * IS ESSENTIAL FOR YOUR SENSES OF TASTE AND SMELL

POTASSIUM

4.7 G/DAY

- * MAINTAINS FLUID VOLUME INSIDE/OUTSIDE OF CELLS AND THUS NORMAL CELL FUNCTION

SODIUM

1.5 G/DAY

- * MAINTAINS FLUID VOLUME INSIDE/OUTSIDE OF CELLS AND THUS NORMAL CELL FUNCTION

CHLORIDE

2.3 G/DAY

- * MAINTAINS FLUID VOLUME INSIDE/OUTSIDE OF CELLS AND THUS NORMAL CELL FUNCTION

PROTEIN

0.8G/KG PER DAY

(LBS/2.2=KG)

FIND OUT YOUR
PROTEIN REQUIREMENT
TODAY!

OUR BODIES USE PROTEIN AS
A BASIC BUILDING BLOCK OF
LIFE!

CARBOHYDRATES

100-130 G/DAY
MINIMUM!

OUR BODIES USE
CARBOHYDRATES FOR
ENERGY. IF YOU EAT
EXCESS, YOUR BODY
STORES CARBS AS FAT.

FAT

TOTAL FAT: < 25-35% OF
TOTAL CALORIES EACH DAY

SATURATED FAT: < 7% OF
TOTAL CALORIES EACH DAY

TRANS-FAT: < 0-1% OF
TOTAL CALORIES EACH DAY

**AVOID
TRANS-FAT!**

PROVIDES ENERGY
MAINTAINS BODY
TEMPERATURE
ABSORBS FAT-SOLUBLE
NUTRIENTS

WEEK 3 Activity :

Emphasis this week: what are micronutrients and macronutrients? SPE Certified has ensured a good balance of macronutrients (ex: not too much saturated fat) along with a good balance of micronutrients in every TASTE dish. Enhancing (SPE) means combining nutrients in a way that your body can utilize them better. Example: Olive oil and carotenoids, lemon and iron rich foods. **More of what you need! Less of what you don't !**

Directions for Activity: Use the chalkboard and draw this (with a line in the middle)

Macronutrients

Micronutrients

Ask students to pick up one of the cutouts and place it in the correct category.

Tie back to SPE -> TASTE(SPE) serves nutrient dense foods so you are always getting micronutrients along with your macronutrients!

What makes a macronutrient a macronutrient? our bodies require these nutrient in larger quantities

What makes a micronutrient micro? Micronutrients are nutrients for humans required in small quantities throughout life.

**** Individual needs may vary based on sex, age, body weight, and life stage.**

KEY to the activity

Micronutrients: all the vitamins and minerals. mg/day means milligrams per day, and ug/day means micrograms per day. Sodium, Calcium, Magnesium, Potassium, and Chloride are considered micronutrient but are also called macrominerals since our bodies require them in gram quantities. Trace minerals: Selenium, Molybdenum, Manganese, Iron, Iodine, Copper, Chromium, Zinc

Macronutrients: Fat Carbohydrates and Protein

Good to know: food sources of different nutrients. Fat soluble vs water soluble

Resources:

http://iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/RDA%20and%20AIs_Vitamin%20and%20Elements.pdf

<http://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

<http://nutrition.about.com/od/nutrition101/tp/tracemineralsglossary.htm>

<http://www.iom.edu/Global/News%20Announcements/~media/442A08B899F44DF9AAD083D86164C75B.ashx>