

# Healthy Nutrition 101

Fiber, Sugar & Fat





# Fiber

- **Definition-**

- is found in all plants if functions as a skeleton to help maintain shape and structure, it is in foods like vegetables, fruits, grains, and legumes there are soluble and insoluble fibers that aid in the process of digestion in the body. The human body doesn't digest fiber but it helps keep the colon healthy.





# Fiber

- **RDA for teens:**
  - 48-70 grams for girls (3-6 servings 16 grams per serving)
  - 64- 86 grams for boys (4-7 servings 16 grams per serving)
- **Effects:**
  - Human enzymes cannot digest fiber so it passes through the small intestine into the colon and this is good because it adds bulk to the stool that makes elimination easier and helps keep the colon healthy.
- **Health Risk:**
  - lack of fiber can lead to diverticulitis, constipation and irregularity, colon cancer





# Fiber

**Great source on Fiber:**

**[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)**





# Sugar

*Also known as glucose,  
fructose, galactose,  
sucrose, lactose and  
maltose.*



# Sugar



- **Definition**

- Sugar come from carbohydrates and the purpose of carbohydrates is to supply the body's cells with glucose which is used for energy.
- Sugar is a sweet crystalline or powdered substance, white when pure, consisting of sucrose obtained mainly from sugar cane and sugar beets and used in many foods, drinks, and medicines to improve their taste. 1 teaspoon is equal to 4.2 grams.





# Sugar

- **RDA** : Based on a 2000 calorie diet one should not consume more than 50 grams of sugar
- **Effects**: in moderate amounts sugar adds pleasure to meals without harming health, however in excess amounts they can contribute to nutrient deficiencies by supplying energy without providing nutrients (empty calories=no nutritional value) and sugars contribute to tooth decay therefore dietary guidelines caution people against eating foods high in sugars.
- **Health Risk**: Excess amounts of sugar in combination with high fat may cause obesity



# Fat



*Fats are essential to the human body when people consume too much or too little that is when ill health occurs*





# Fat

- **Definition**

- Fats, or lipids, are nutrients in food that the body uses to build nerve tissue (like the brain) and hormones. The body also uses fat as fuel. If fats that a person has eaten aren't burned as energy or used as building blocks, they are stored by the body in fat cells. This is the body's way of thinking ahead: By saving fat for future use, it plans for times when food might be scarce.



# Fat

- **RDA for teens:**
  - 30% of your daily calories should be from fat (ex. 2000 calorie diet= 600 calories from Fat)
- **Effects:**
  - The Key word for fat is not deprivation but moderation appreciate the energy and enjoyment that fat provides but take care not to exceed your needs.
- **Health Risk:**
  - High fat diet raises the risks of heart disease, some types of cancers, and obesity.



# Fat

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/index.html>







# Healthy Nutrition

*Make healthy choices for a better life!*

