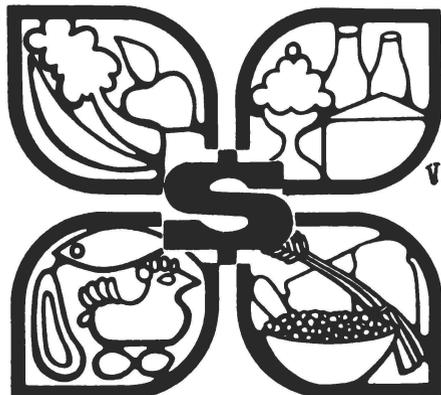


LD
5655
A761
M1154
no. 531
c. 2



FOODS AND NUTRITION

V.P.I. & S.U. LIBRARY
MF-531

August 1980

SEP 18 1980

BLACKSBURG, VIRGINIA

HOW WELL DO YOU EAT?

Maybe you've never thought much about how well you eat--you just ate what was available, or what you liked, or what everyone else was eating. How do you judge how well you are eating?

Quantity is one factor to consider. A feeling of fullness indicates you've had a large enough quantity of food. A weight gain for an adult usually indicates you've had more food than you need. A weight loss means you're using up more energy (calories) than you are taking in.

Quality is as important as quantity. Quality in this case is judged by the nutrients a food contains, not its cost. Food must provide the materials (nutrients) needed for body building, regulation, and repair as well as energy. You can have one without the other!

To eat well, you need to eat a variety of foods. It may be easier to make selections if you think of each food as fitting into one of 5 groups.

1. BREADS AND CEREALS - Enriched and whole-grain breads and cereals supply low-cost energy. They also supply important amounts of niacin, thiamin, and riboflavin, three members of the vitamin B group. These vitamins are needed so that the body can use the energy in food. They also have a role in keeping the nervous and digestive systems healthy and working. Iron which is needed to build healthy blood is found in most bread and cereal products.

2. FRUITS AND VEGETABLES - Fruits and vegetables are our only food sources of vitamin C. Vitamin C helps to build the material which holds the body's cells together, helps us to have healthy gums, and to ward off infections.

The dark green and deep yellow fruits and vegetables have vitamin A which is needed for normal vision and to keep the skin healthy.

Fruits and vegetables add color and flavor to meals and snacks.

3. MEAT, POULTRY, FISH, BEANS, EGGS - Foods in this group supply protein. Protein is needed to build and to repair all body tissue--muscle, blood, bone, teeth, heart, lungs, brain. Foods in this group are also major sources of iron, niacin, thiamin, and riboflavin.

The main dish for meals usually includes a food from this group.

4. MILK AND MILK PRODUCTS - Milk and foods made from milk are the main food sources of calcium, the mineral which is needed to build strong bones and teeth. Vitamin D is usually added to milk because it helps the body use calcium. Foods in this group have some protein also.

5. FATS AND SWEETS - Foods in this group are sources of energy. Some fats and sugars are associated with foods in one of the other groups--fat on meat or sugar in a fruit. But others are added to foods for flavor--butter on a baked potato or sugar in a soft drink. Alcohol is included in this group.

Fats and sweets should be used to round out meals. If you overdo, you may be rounded out too.

