

Your Bon Appétit café menus are planned with balance in mind. To determine your best odds for a balanced diet consider the Dietary Guidelines for Americans as a general map to a healthy diet.

- ✓ Aim for fitness
 - Aim for a healthy weight
 - Be physically active each day
- ✓ Build a Healthy Base
 - Let the Pyramid guide your food choices
 - Choose a variety of grains daily, especially whole grains
 - Choose a variety of fruits and vegetables daily
 - Keep food safe to eat
- ✓ Choose Sensibly
 - Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
 - Choose beverages and foods to moderate your intake of sugars
 - Choose and prepare foods with less salt
 - If you drink alcoholic beverages, do so in moderation

When it come to establishing healthy nutrition habits, there's a lot of information out there so, how do you know what's fact and what's fiction? Knowing the nutrition basics, which are established scientifically, can help you sort through popular nutrition resources as you work to improve your personal nutrition patterns.

A healthy diet is one that provides a variety of nutrients through a well-balanced intake of a wide range of foods. Being healthy is not about being perfect but rather making choices so that, most of the time, you meet your nutritional goals. Our world is filled with a thousands of choices that vary in nutritional quality...and the good news is, they all fit, it's just a matter of how much and how often! It is important not only to have healthy food patterns, but also to enjoy the pleasure that foods provides...thus establishing a sustainable, livable way of eating for a lifetime.

Nutrition Basics

1. Dietary Guidelines: U.S. Department of Agriculture, U.S. Department of Health and Human Services, 2000.



This information is not intended to take the place of advice from a health care professional. Check with your physician before starting any diet or exercise program. In addition, while all efforts have been made to ensure the information included in this material is correct, new research that is released frequently, may invalidate certain pieces of data.

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BON APPÉTIT



Know Your Nutrients

Nutrients: Breaking it Down

When it come to healthy eating, consider the basics. Nutrients are components of food that are essential to good health. There are over 40 nutrients that are divided into six basic groups:

Carbohydrate	Vitamins
Protein	Minerals
Fat	Water

Each nutrient has a specific and individual function, but they all work together to fuel a strong body. Any diet that eliminates or severely restricts one or more of these essentials is not a healthy way to eat. So, exactly what is so important about nutrients?

Some Nutrients Provide Calories . . .

Three of the six basic nutrients provide calories. Any excess calories, beyond what your body needs, can be stored as body fat . . . no matter the source!

PROTEIN: 4 calories per gram

Function: The body uses amino acids, the basic component of protein, to maintain, build and repair body tissue. Protein can be used for energy when other fuel sources, carbohydrates and fats, are not available. Protein foods also contain a variety of other nutrients such as iron, B-vitamins and zinc.

Sources: Animal protein includes beef, poultry, fish, shellfish, pork, lamb, game meats, eggs, cheese, milk and yogurt. Vegetable sources include beans, nuts, seeds, tofu, tempeh, grains, vegetables, and peanut butter.

Dietary Goal: Choose leaner proteins—most of the time—such as fish, chicken and vegetable proteins. Aim for moderate amounts of protein, 15-18% of your total dietary intake, or about 2-3 deck of cards worth per day.

CARBOHYDRATE: 4 calories per gram

Function: Your body digests all forms of carbohydrate, except fiber, into blood glucose, which is burned in the cells for energy. Complex carbohydrates and some simple carbohydrates such as fruit also contain vitamins, minerals and fiber.

Sources: Simple carbohydrates (sugars) are digested quickly thus yield immediate energy. Examples include fruits, refined sugars such as table sugar, honey, molasses, syrup, corn syrup, jams, candy and sweet desserts. Complex carbohydrates (starches) yield long lasting energy due to slower digestion rate. Examples: pasta, bread, potatoes, rice, beans, legumes, cereal, grains, and vegetables. Complex carbohydrates and fruit provide varying levels of fiber, a non-digestible carbohydrate that aids in regularity.

Dietary Goal: Chose carbohydrates regularly . . . at most meals and snacks. Aim for 50-60% of your calories to come from grains, fruits and vegetables. Aim for higher fiber carbohydrates such as beans, whole grains, and high fiber fruits and vegetables. Select fewer simple carbohydrates for maximum nutrition value and long lasting energy.

FAT: 9 calories per gram

Function: Fat provides essential fatty acids, aids in absorption of fat soluble vitamins, cushions internal organs and is a concentrated source of energy. Fat carries flavor in foods, helps you feel full, and provide a rich source of nutrients such as vitamin E.

Sources: Fats can be visible sources such as butter, margarine, oils, mayonnaise, salad dressings, sour cream as well as hidden sources in foods such as meats, dairy products, avocado, coconut, bacon, ice cream, fried foods, and cookies. Vegetables and grains contain trace amounts of fat.

Types: Saturated fats, such as meat fats, dairy fat and tropical oils raise total cholesterol and risk for heart disease. **Unsaturated fats**, which are primarily vegetable origin such as oils, nuts, olives, avocado and nuts tend to lower cholesterol and reduce risk for heart disease.

Dietary goal: Choose unsaturated fat more often and aim to reduce overall fat intake. Aim for 30% or less of your total calories from fat. Keep in mind, too little fat can be a problem as well, leaving you hungry and less satisfied with the flavors of your foods, so, reduce but not eliminate is the policy when it comes to fat.

Others Do Not Provide Calories . . .

Vitamins, mineral and water do not contain calories but are essential to good health.

VITAMINS

Function: Consider vitamins part of a team . . . the team of nutrients that work together to achieve normal body function. Specifically, vitamins are chemicals that work as regulators with enzymes to cause reactions to happen in your body.

Types: Water soluble include vitamins C and the B-complex. These dissolve in water and are carried in your bloodstream. Excess intake is not stored in the body, rather it is excreted through urine, so regular intake of these vitamins is important. **Fat soluble** include vitamins A, D, E and K and dissolve in fat and are carried in the bloodstream attached to fats . . . supporting the need for small amounts of fat in your diet. We are able to store fat soluble vitamins, thus eating new supply each day is not necessary. In fact, too much of a good thing can be harmful in some cases. Large quantities of fat soluble vitamins—specifically from supplements—can be harmful.

MINERALS

Function: Minerals are a structural part of many cells in the body such as bone, hair, nails and teeth just to name a few. They also, team with vitamins to trigger enzymatic reactions in your body. Together vitamins and minerals are key in body functions from processing carbohydrate, protein and fat for energy and assisting with our body's own production of proteins to maintaining a regular heart beat and normal vision. Throughout the body, vitamins and mineral are key players in a team effort to keep your body working properly.

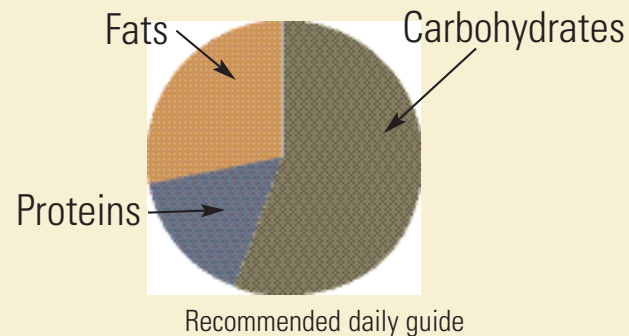
Dietary goal: Meeting your vitamins and mineral needs is not as hard as you might think. Generally speaking, we need small amounts of these nutrient. Eating adequate calories from a diet that includes all the basic food groups will provide enough of these nutrients for most people. If your diet is not up to par, consider a multivitamin to ensure you get the basics!

WATER...A MUCH OVERLOOKED NUTRIENT

Function: 55-75% of your body weight is water and good hydration is essential to regulate normal chemical reactions in the body, carry nutrients to the cells, regulate body temperature and assist in waste disposal each day.

Sources: include water, coffee, tea, milk, fruit juices as well as high water volume foods such as fruits and vegetables.

Dietary Goal: Drink decaffeinated fluids throughout the day . . . aim for approximately 64 ounces. If calories are a concern, choose lower or non-calorie beverages.



All Bon Appétit menus are planned with your wellness in mind. We use unsaturated fat, whole grains, and fresh ingredients daily to support your dietary goals.

All about CALORIE DENSITY

Are all calories created equally . . . the answer is yes and no! When it comes to calories, a calorie is a calorie and all calories can lead to fluctuations in weight. But some calories pack more bang for their buck. For example 200 calories worth of most salad dressings is a mere 2 tablespoons but typically contains 20 grams of fat while 200 calories of broccoli would add up to 4 cups of raw broccoli and contain a host of vitamins and fiber.

The salad dressing is a high calorie density food while the broccoli would have a low calorie density . . . in other words, you get more volume and nutrients for the same or less calories. Choose foods with low calorie density such as fruits, vegetables and whole grains for a basis of your diet and compliment these foods with lean proteins, fat and sweets for great balance!