

Nutrition Basics

REDUCING BODY FAT

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5-Week Special Series
episode 1



Nutrition Facts

Apple, raw

Serving Size 100g/3.5oz

Amount	% Daily Value
Calories 55	
Calories from Fat 1	
Total Fat 0.3 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Carbohydrate 15 g	6%
Fiber 3 g	11%
Sugars 10 g	
Protein 0.2 g	

Nutrition 101

- 1. Importance of balance and diversity on your plate and in your diet**
- 2. Overall health- heart and blood, macronutrients, micronutrients, gut health, proper energy**
- 3. Building a balanced plate helps ensure you are getting enough kcals, macros + micros in if you are not counting kcals and macros**





Macronutrients

- Carbs
- Fat
- Protein



Carbohydrates

Body's primary source of energy.

- Complex vs. simple carbs
- Why we need them:
 - Energy
 - Fiber
 - Brain power
 - Happy hormones: serotonin
 - Micronutrients



Fat

- Also known as lipids
- More calorically dense + most filling
 - 9kcal/g vs 4kcal/g for CHO
- Good vs. bad fat
 - Saturated fats
 - Unsaturated fats
- Benefits:
 - Transports micronutrients
 - Protects organs
 - Provides insulation
 - Reduces inflammation
 - Helps offset insulin response by slowing digestion
 - Hair, skin, and nail health



Fat

- Saturated fats
 - NO double bonds = incredibly rigid, flat structure, easily stackable, hard to break apart, “clogged arteries”
 - Sources: animal fats, red meat, animal products
 - Have a range of saturated fat (legs)
 - Solid at room temperature



Fat

- Unsaturated fats
 - Double bonds create kinks in the structure, making them hard to stack and easier to break apart
 - Sources: avocados, chia seeds, salmon
 - Liquid at room temperature
- Fatty acids = two essential fatty acids
 - Omega-3 (alpha linolenic acid)
 - EPA and DHA
 - Sources: fish, oils, nuts, hemp hearts, ground flax seeds, edamame, chia seeds
 - Omega-6 (linoleic acid)
 - Sources: oils, nuts



Protein

- Why is protein important
 - Structural components of the body
 - Support body growth and maintenance (ex. Hair, muscles, nails, collagen)
 - Tertiary form of energy
- Protein is made up of small building blocks called amino acids
- There are two types of amino acids: essential and non-essential
 - Non-essential amino acids are created by our bodies and therefore are NOT essential for us to consume
 - Essential amino acids are NOT created by our bodies and therefore ARE essential for us to consume
 - There are 9 essential amino acids



Protein

- There are two types of protein: animal and plant proteins
- Animal sources of protein:
 - Contain all essential amino acids
 - More bioavailable: easily digested, absorbed into body
- Plant sources
 - Lacking some essential amino acids
 - 3 plant sources that have all amino acids: quinoa, hemp and soy (edamame, tofu etc.)
 - Not as bioavailable



Micronutrients

- These include all vitamins and minerals
- Eat a variety of foods
- Water soluble vs. fat soluble vitamins



Hydration

- Water accounts for 40–80% of adult’s total body weight
- Water is lost each day primarily through urine
 - But also through what we call insensible losses (ex. evaporation from respiratory tract)
- Water is provided each day via food and beverages
 - Food provides ~20–25% of our water intake
 - Beverages provide 75–80% of our water intake
- The majority of water is absorbed in the small intestine



Hydration

- The absorption of water is strongly influenced by a concept called osmolarity
- 3 primary minerals influence water distribution and movement:
 - Sodium, potassium and chloride
- This movement in and out of cells helps to ensure proper hydration
- If any of these minerals are too low or too high it can cause major problems



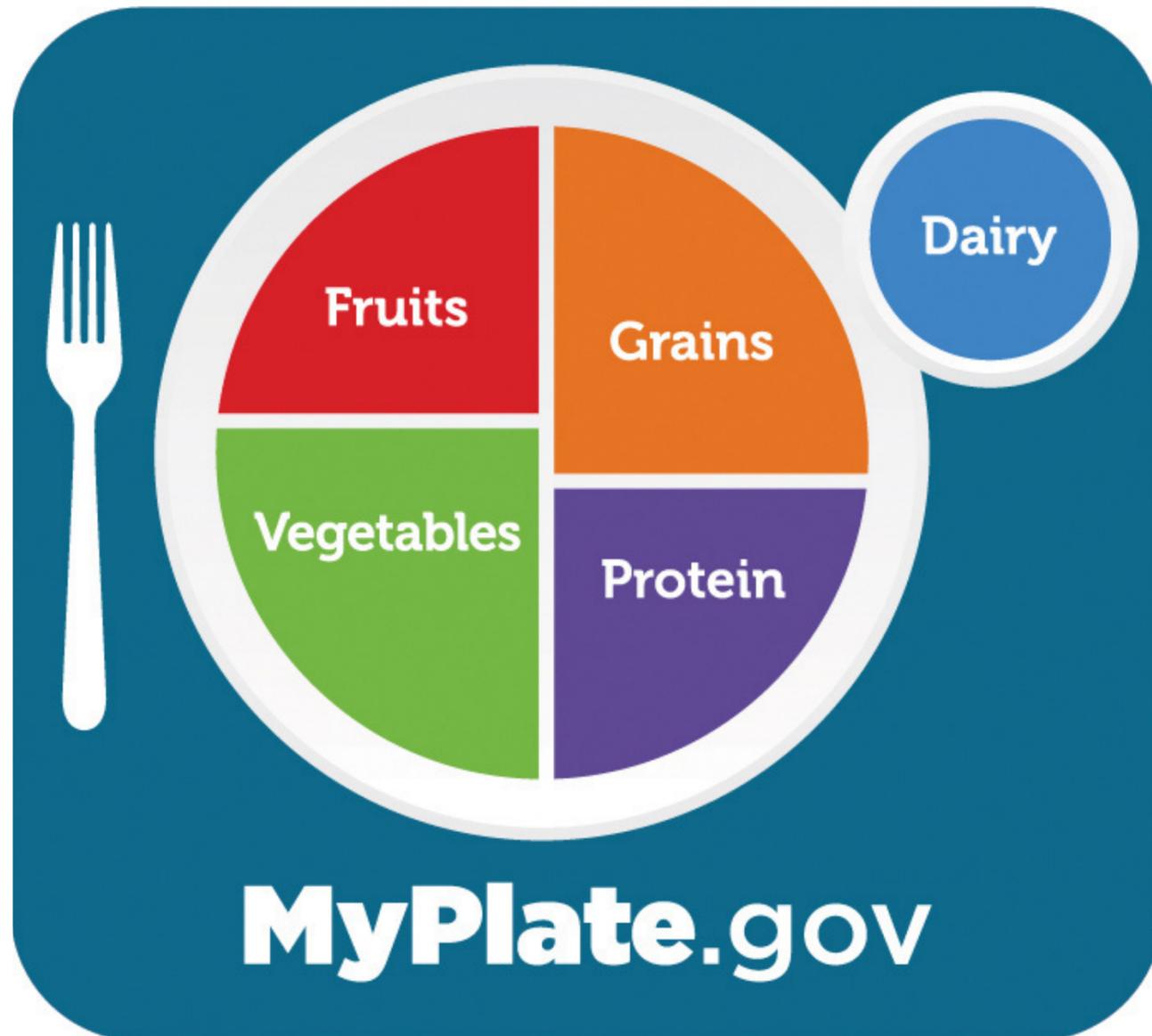
Hydration

- There are 6 major functions of water in the body
 - Chemical reactions
 - Body temperature regulation
 - Lubrication and protection
 - Solvent and transport medium: water soluble vitamins
 - Maintenance of blood volume
 - Help with acid-base pH balance
 - Energy



Hydration

- Hydration recommendations
 - 2.7 L per day for women
 - 3.7 L per day for men
- Above all - a great indicator is checking to see if your pee is clear!



Building a Balanced Plate

- MyPlate
- Helps average person eat healthy using general recommendations
- Keep in mind, this is very generalized

Food Groups & Servings

1

Fruit

- Women: 1.5 – 2 cups/day
- Men: 2 – 2.5 cups/d
- Examples: 1 cup of fruit, ½ cup of dried fruit

2

Vegetables

- Women: 2-3 cups/d
- Men: 3-4 cups/d
- Examples: 1 cup of raw or cooked vegetables or 2 cups of raw leafy salad greens

3

Grains

- Women: 6-8oz equivalents
- Men: 8-10oz equivalents
- Examples: 1 slice of bread, 1 cup of ready-to-eat cereal, ½ cup of cooked rice/pasta/cereal

4

Protein

- Women: 5-6.5 oz equivalents
- Men: 6.5-7 oz equivalents
- Examples: 1 oz meat/poultry/fish, ¼ cup cooked beans, 1 egg, 1 tbsp peanut butter

5

Dairy

- Men and women: 3 cups/d
- Examples: 1 cup of milk/yogurt/soy milk, 1.5 oz of natural cheese

6

Fat

- You will find fat within the foods are you eating
- ~1 oz or 1 tbsp per meal
- Examples: 1 tbs oil, 1/4 avocado, ½ oz of nuts or seeds



Balance is Key

Don't overthink it

- Progress over perfection here
- Go for at least 3 food groups at each meal
 - At least 2 for snacks
- Color and diversity is very important
- Don't under eat- try to eat these balanced meals consistently throughout the day

Adjust for Your Needs

- Most likely you'll follow a 30/40/30 split or something similar
- Tracking to learn how to portion for your personal needs
- Not every plate is perfect
 - Your body is very smart



MyPlate

- CHO: 50%
- Protein: 20%
- Fat: 30%

High Protein

- CHO: 40%
- Protein: 35%
- Fats: 25%



Reading Labels

Nutrition Facts	
1	8 servings per container Serving size 2/3 cup (55g)
2	Amount per serving Calories 230
	<small>% Daily Value*</small>
3	Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g
	Cholesterol 0mg 0% Sodium 160mg 7%
	Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g
4	Includes 10g Added Sugars 20% Protein 3g
5	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
6	<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>

1. Serving Size

- Based on FDA standards
- Not one size fits all here
- Listen to your body above everything

2. Calories

- Amount per serving

3. Fat Breakdown

- Total fat vs. saturated fat vs. trans fats

4. Carb Breakdown

- Total carb
- Fiber
- Sugars
- Added Sugars (check the ingredients)

5. Micronutrients

- States the most abundant micronutrients

6. Daily Values

- Percentage based on 2,000 calorie diet
- Very generalized
- Protein and Added Sugar don't always have one



Reading Labels

Basic Things to Look For:

- High Protein: Base it on your needs. Try to add up ~30 grams/meal
- High Fiber: >20% DV
- Low Sodium: <5% DV
- Added Sugar: <5% or <25 grams

Check the Ingredients

- First ingredient is the most abundant
- Secret names for sugar
 - Anything that ends with an "-ose" is sugar
 - Anything that ends with an "-ol" is an alcohol
 - Often sugar alcohols

Basic Rules of Thumb

1

Balance and diversify your plates

2

Eat protein with every meal

3

Stay Hydrated

4

Make at least half of your grains whole



Where to Start

- Set smart goals
- Example:
 - Instead of "Eat more vegetables"
 - Go for "Starting this week, I will stock the fridge with 3 different vegetables to incorporate into each of my lunches and dinners."
- Start with a few (or even one) small goals
 - Don't get overwhelmed with too many goals at once.



FAQ

1. What's the most important macronutrient?
2. How many whole grains should we get each day vs. refined grains?
3. How do I know how much to put on my plate?

Main Takeaway

Start low and slow - making small changes consistently each week. focus on color and variety and make sure to lean into your cravings as well.

Homework:

Pick one thing to focus on this week and kill it!



Thank You!

Any questions?
Ask away!

