



Just the Facts...

Good Nutrition!

You don't need a degree in nutrition to eat healthfully, but it definitely helps to become acquainted with the food you eat. Read on to find out what's in your food and how your body uses it.

- **Carbohydrates.** These are your body's primary source of energy. Carbs can be simple (sugars) or complex (starches). You'll find carbs in whole grains, fruits, dairy, starchy vegetables, beans, and sweets. About 50% - 60% of your daily caloric intake should come from carbohydrates.
- **Fat.** Fat also supplies energy to your body, but it functions in other important ways, too. Fat transports nutrients and gives structure to cells. You'll find fat in oils, nuts, meat, dairy, and baked goods. No more than 30% percent of your daily calories should come from fat.
- **Protein.** Protein supplies the body with the building blocks that build, repair, and maintain body tissue. Nuts, dairy, meat, beans, vegetables, and whole grains supply your body with protein. Approximately 10% - 20% of your daily caloric intake should come from protein.
- **Vitamins and Minerals.** Think of these as the spark plugs that set off chemical reactions in the cells. Each vitamin and mineral has its own specific job to promote good health.
- **Water.** Though it plays a vital role, people often overlook this important nutrient. Water makes up 55-75% of your total body weight. It regulates your body temperature and transports nutrients and waste to and from cells. Drink at least 64 ounces (8 cups) of water a day for good health.

Where to start:

Use www.mypyramid.com to begin building your healthy diet. Keep the following pointers in mind:

- Choose a variety of foods from each food group.
- Eat reasonable portions of foods.
- If your current eating habits aren't up to par, make small changes. Over time, small changes add up to big changes and a healthier lifestyle.



Questions? Do your eating habits need a tune-up? A registered dietitian can help. Please contact 243-6325 for information.



Created by University Dining Services Registered Dietitians.
Updated 3/06.

