

● **Topic:**

EQ:

Questions

Notes:

One finger space in width.

← Create Columns!!!

● **summary:**

Make a new notesheet. (page 7)

Unit #2: Nutrition and Weight Control

T3: Nutrition

EQ:

What is needed by the body for daily and lifelong activity?

Nutrition

- the study of food and the ways the body uses food.
- **Nutrients** are substances in food that provide energy, help form body tissues, and are necessary for life and growth.



Nutrition

- Six Classes of Nutrients

1. *Carbohydrates*

2. *Fats*

3. *Proteins*

4. *Vitamins*

5. *Minerals*

6. *Water*

- A **Balanced Diet** To be healthy, you need the right amount of nutrients from each class.



How Much Energy?

1 cup of broccoli:
27 Calories



1/2 cup of ice cream: 178 Calories



Flour tortilla with beans and rice:
218 Calories



1 cup of low-fat fruit yogurt: 231 Calories
3 slices of Cheddar cheese: 154 Calories



1 apple: 81 Calories

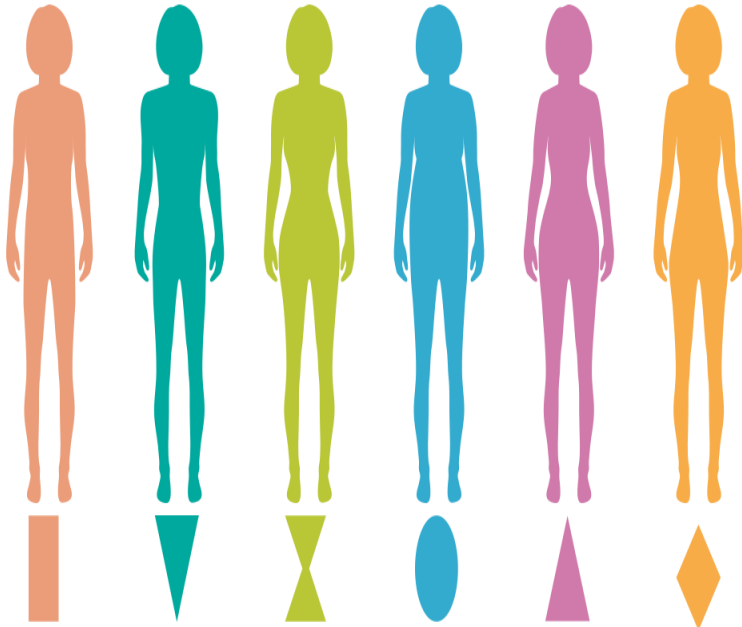




Metabolism

- the sum of the chemical processes that take place in your body to keep you alive and active.
- Metabolism requires energy from **carbohydrates, fats, and proteins.**
- The energy in food is measured in **Calories.**

Discover Your Metabolic Type



Carbohydrates



Fats



Fatty meats
and fish



Cheese



Butter



Avocado



Nuts and seeds



Chocolate

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Proteins

Metabolism

- **Carbohydrates** are energy-giving nutrients that include sugars, starches, and fiber.
- **Fats** are the main form of energy storage in the body.
- **Proteins** are made of amino acids, which build and repair structures and regulate processes in the body.

Calories per Day

- The amount of calories your body burns at rest is called your **Basal Metabolic Rate (BMR)**
- It is important to know your **BMR** and **Daily Caloric Intake** when maintaining, losing, or gaining weight.
- BMR Formula
 - *Weight (**W**) in kilograms: (lbs / 2.2) = kg*
 - *Height (**H**) in centimeters: (inches x 2.54) = cm*
 - *Age (**A**) in years*

$$\underline{\text{Male BMR}} = 66.47 + (13.75 \times \mathbf{W}) + (5.0 \times \mathbf{H}) - (6.75 \times \mathbf{A})$$

$$\underline{\text{Female BMR}} = 665.09 + (9.56 \times \mathbf{W}) + (1.84 \times \mathbf{H}) - (4.67 \times \mathbf{A})$$

$$\underline{\text{Male BMR}} = 66.47 + (13.75 \times \mathbf{W}) + (5.0 \times \mathbf{H}) - (6.75 \times \mathbf{A})$$

- Weight (**W**) in kilograms: (lbs / 2.2) = kg
- Height (**H**) in centimeters: (inches x 2.54) = cm
- Age (**A**) in years

Male: 180 lbs, 5'6", 16 yrs

66 inches

$$\underline{\hspace{2cm}} = 66.47 + (13.75 \times \mathbf{81.82}) + (5.0 \times \mathbf{167.64}) + (\mathbf{16} \times 6.75)$$

$$\underline{\mathbf{2,071.23}} = 66.47 + (\mathbf{1,125.03}) + (\mathbf{838.2}) + (\mathbf{108})$$

$$\underline{\text{Male BMR}} = 66.47 + (13.75 \times \mathbf{W}) + (5.0 \times \mathbf{H}) - (6.75 \times \mathbf{A})$$

$$\underline{\text{Female BMR}} = 665.09 + (9.56 \times \mathbf{W}) + (1.84 \times \mathbf{H}) - (4.67 \times \mathbf{A})$$