

embracing your health

Nutrition 102 – Class 6

Angel Woolever, RD, CD

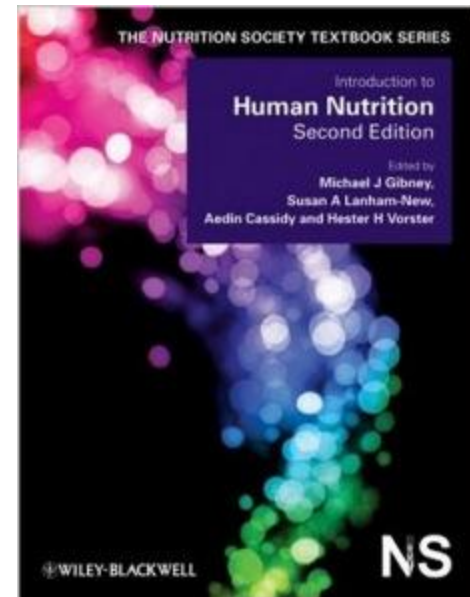


Nutrition 102

“Introduction to Human Nutrition” second edition

Edited by Michael J. Gibney, Susan A. Lanham-New, Aedin Cassidy, and Hester H. Vorster

May be purchased online
but is not required for
the class.



Technical Difficulties

Contact:

Erin Deichman

574.753.1706

edeichman@logansportmemorial.org



Questions

- You may raise your hand and type your question.
- All questions will be answered at the end of the webinar to save time.



Review from Last Week

Trace Minerals: Zinc, Copper, Selenium, Iodine, Manganese, Molybdenum, Fluoride, Chromium

What they are

Function

Source

Requirement

Absorption

Deficiency

Toxicity



Priorities for Today's Session

- Food Additives
- Artificial Sweeteners
- Sugar Alcohols
- Measuring Food Intake
- ChooseMyPlate



What Are Food Additives



❏ Indirect Food Additives

❏ Direct Food Additives

❏ Color Additives

Food Additives Functions

- Maintain product consistency
- Improve or preserve the nutrient value
- Maintain the wholesomeness of foods
- Control the acidity and alkalinity and provide leavening
- Provide color and enhance flavor

Common Food Additives

- Ⓜ Benzoates
- Ⓜ Potassium Sorbate
- Ⓜ Carrageenan
- Ⓜ Propylene Glycol
- Ⓜ Calcium Pantothenate
- Ⓜ Thiamine Hydrochloride
- Ⓜ Aspartame
- Ⓜ Antioxidants
- Ⓜ Monosodium glutamate
- Ⓜ Benzoic acid
- Ⓜ Sulfites
- Ⓜ Nitrates and nitrites
- Ⓜ Antibiotics
- Ⓜ Disodium guanylate
- Ⓜ Cochineal
- Ⓜ Titanium dioxide

Side Effects of Food Additives

 GRAS

 Listed
on food
labels

THE DANGER LIST		
Additive	Where used	Potential problems
E102 - tartrazine	Sweets, biscuits, mushy peas	Hyperactivity, asthma, rashes
E124 - ponceau 4R	Sweets, biscuits, drinks	Allergy, intolerance
E110 - sunset yellow	Sweets, ice cream, drinks	Gastric upset, allergy
E122 - camoisine	Biscuits, jelly, sweets, ready meals	Allergy, intolerance
E104 - quinoline yellow	Sweets, smoked haddock, pickles	Hyperactivity, asthma, rashes.
E129 - allura red	Soft drinks, cocktail sausages	Some evidence of hypersensitivity
E211 - sodium benzoate	Soft drinks, baked goods, lollies	Hyperactivity; asthma

Other Concerns with Food Additives

- 🛒 Pesticides
- 🛒 Antibiotics
- 🛒 Irradiation
- 🛒 Eat local
- 🛒 Check food labels
- 🛒 Food colorings



Artificial Sweeteners

- Stevia
- Aspartame
- Sucralose
- Neotame
- Acesulfame potassium
- Saccharin



Sugar Alcohols

 Xylitol

 Sorbitol

 Erythritol

 Manitol

 Inositol



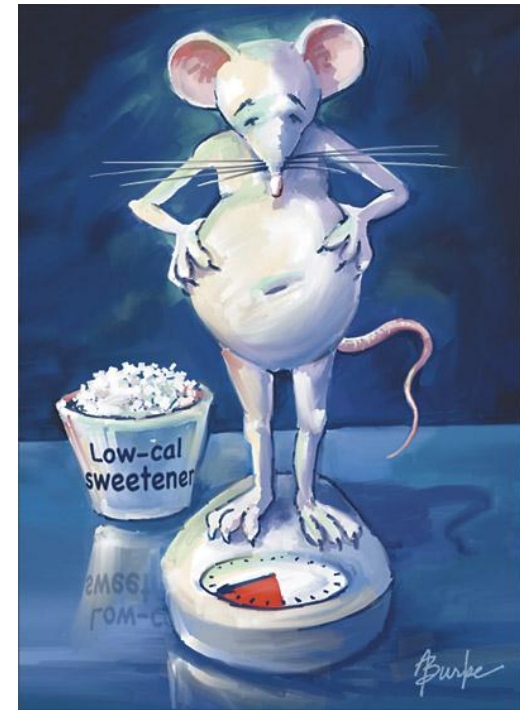
Artificial Sweeteners Bad News

Weight Gain

-  Decreased metabolism

-  Increased craving for carbohydrates

Bladder Cancer



Putting the Pieces Together



ChooseMyPlate



10 Tips to a Great Plate

- 1 Balance Your Calories
- 2 Enjoy Your Food, But Eat Less
- 3 Avoid Oversized Portions
- 4 Foods to Eat More Often
- 5 Make Half Your Plate Fruits and Vegetables
- 6 Switch to Fat-free or Low-fat (1%) Milk
- 7 Make Half Your Grains Whole Grains
- 8 Foods to Eat Less Often
- 9 Compare Sodium in Foods
- 10 Drink Water Instead of Sugary Drinks

Check the
handout included
with your email
for more info!

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Questions, Comments





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(574) 753-1462

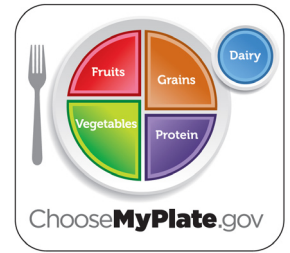
dietitian@logansportmemorial.org

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.