

Food For Thought – Nutrition 101: Back to Basics

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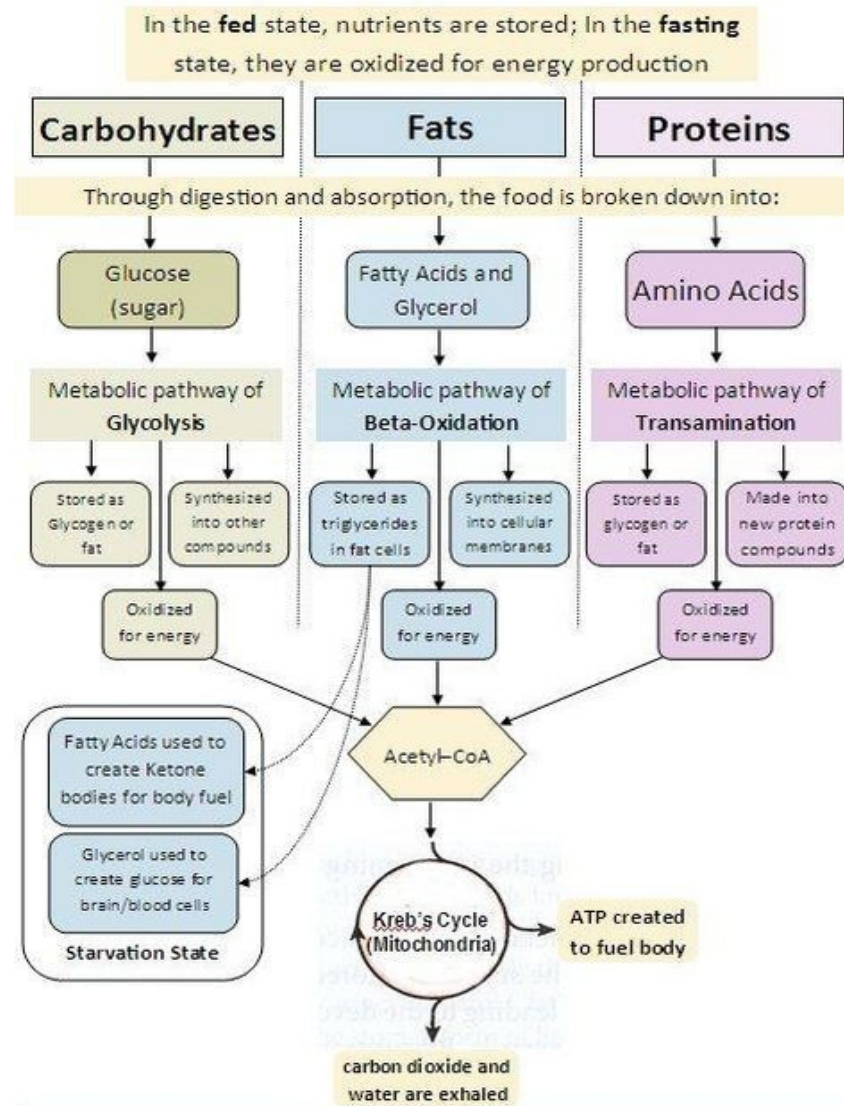
Food is the fuel that gives us the body we *need*
to live the life we *want*



Objectives:

1. Identify the roles of each macro-nutrient
2. Understand why the body needs a mix of these nutrients
3. Use this knowledge to evaluate your specific nutrition needs

Food provides calories, calories equal energy



Carbohydrates

- Break down into glucose
- Glucose undergoes glycolysis
 - Stores it as glycogen in liver/muscles
 - Synthesizes it into other compounds which can then be oxidized to make ATP (energy)



Proteins

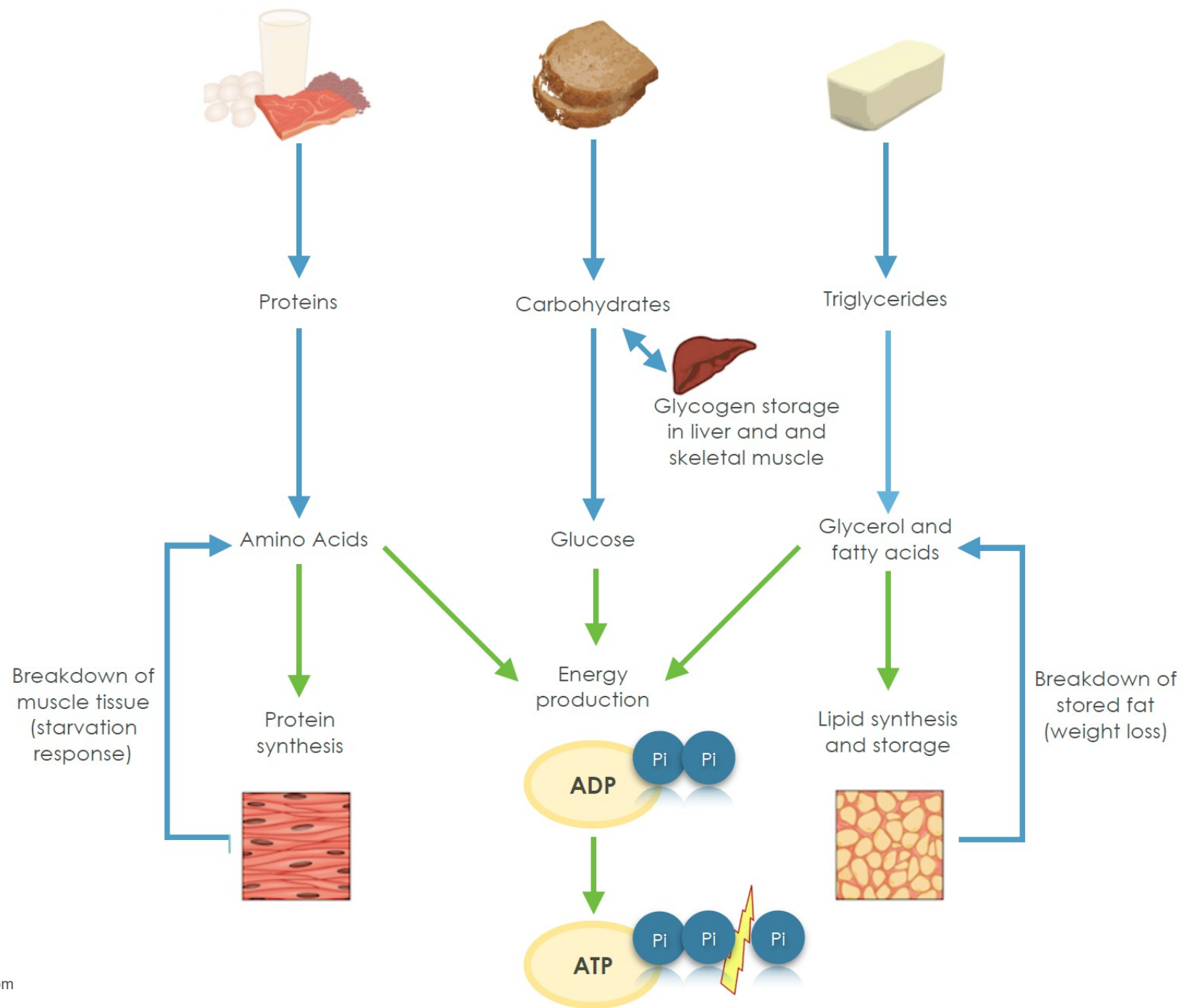
- Break down into individual amino acids
- These undergo trans animation
 - Used to make new protein compounds (muscles, tissues, hormones)
 - Can be converted to glucose and stored as glycogen or fat
 - Can be oxidized for energy
 - Less efficient form of energy- the body prefers fat or carbs



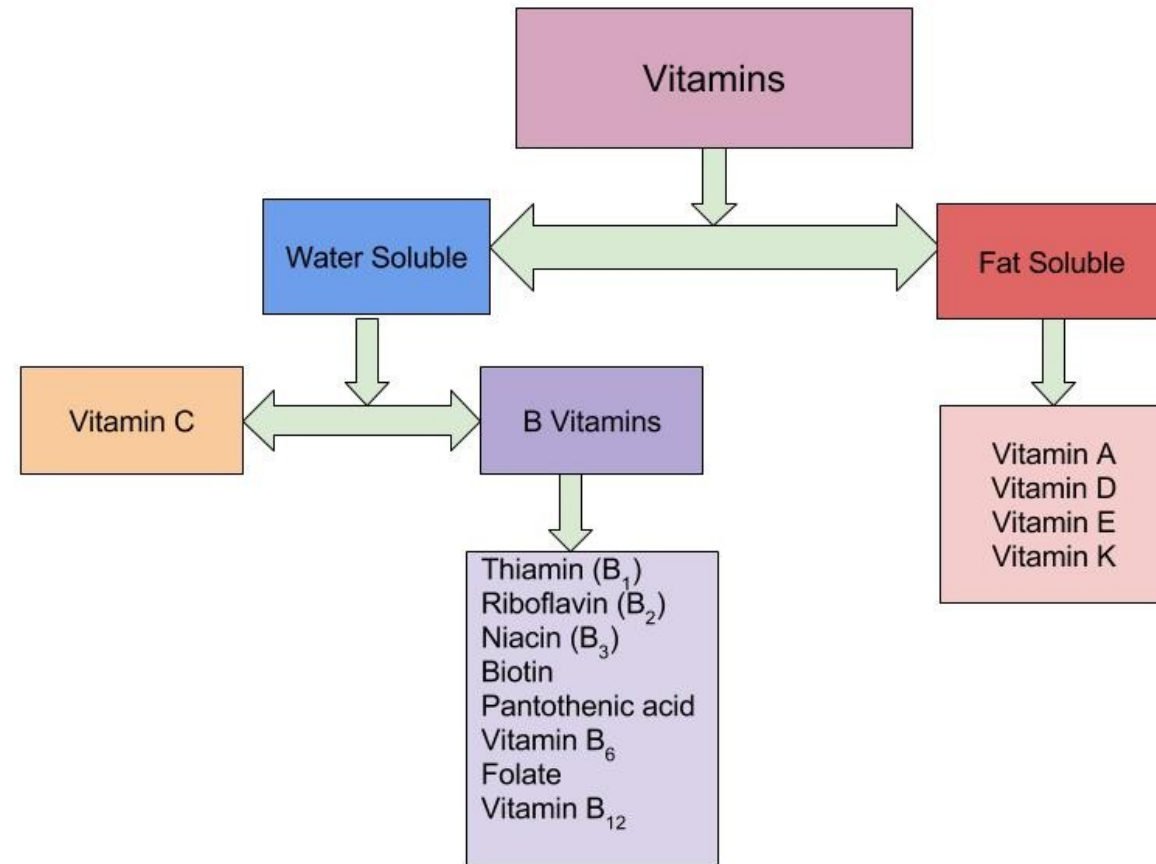
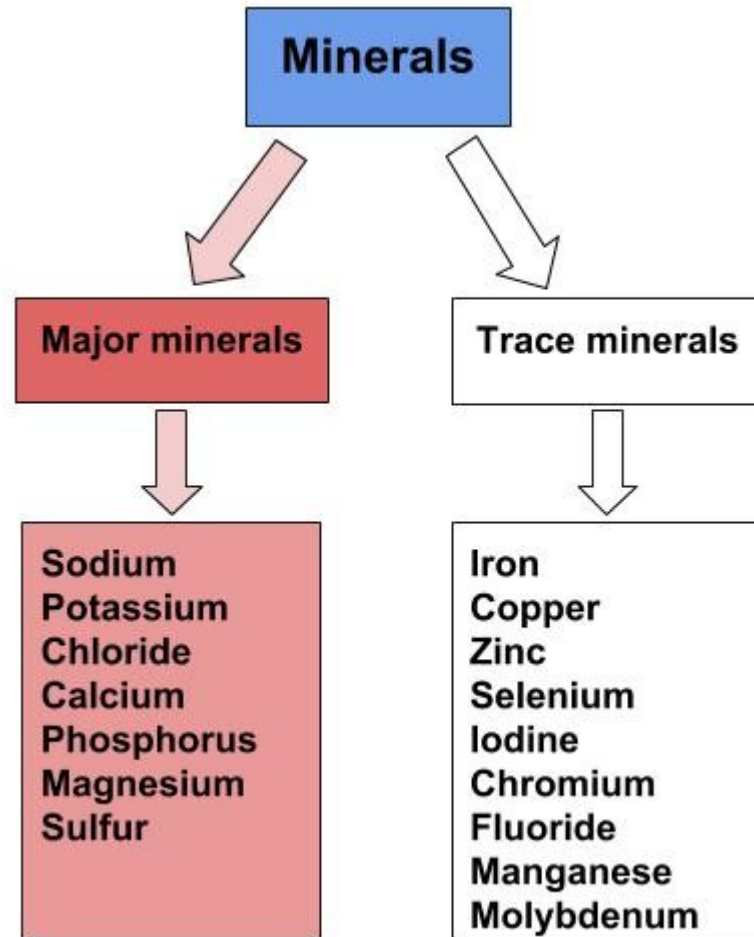
Fat (Lipids)

- Break down into fatty acids and glycerol via lipolysis
- Undergo Beta-oxidation
 - Can be stored as triglycerides in fat cells
 - Glycerol can be converted to glucose
 - Synthesized into cellular membranes
 - Oxidized for energy





What Am I Missing?? Micronutrients!



What to Choose

Protein sources:

Beans, lentils, tofu

Eggs

Milk/yogurt, cheese

Lean meat/poultry

Fish/seafood

Nuts/seeds

Carbohydrate

SOURCES:

Whole grains (quinoa, farro, barley, oats, rye, whole wheat, corn, rice)

Fruit

Starchy veggies- potatoes, corn, peas, winter squash

Cow or soy milk; yogurt

Beans/lentils/tofu

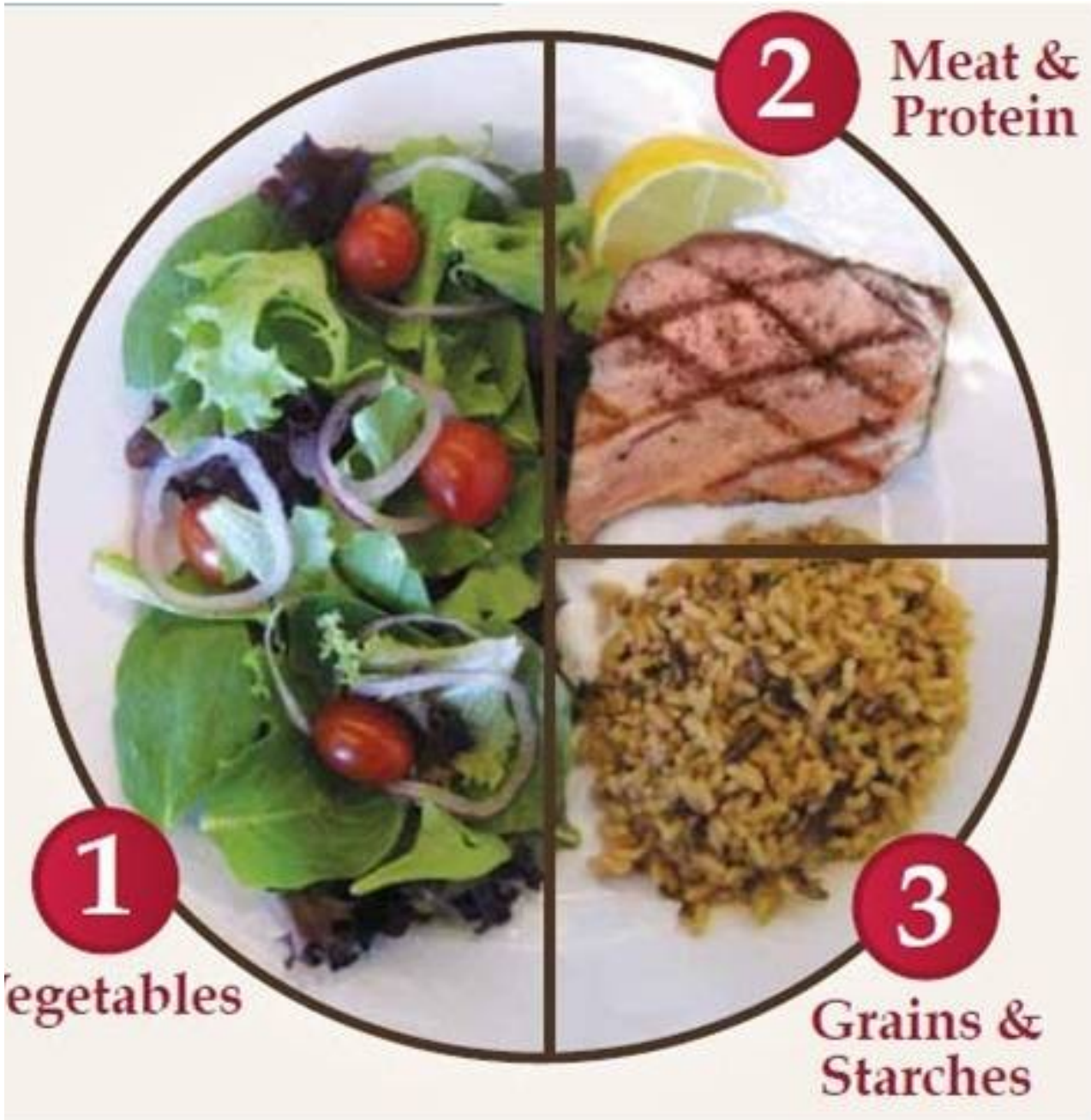
Fats:

Unsaturated fats such as olive oil, canola oil, avocado oil

Avocados, olives

Nuts/seeds

Limit saturated fats from meat, lard, butter, cream cheese



Get All the Nutrients!

- Load up on **veggies!**
- Choose proteins from beans, lentils, tofu, low-fat dairy more often
- Aim for more whole grains, fruits and starchy vegetables for your carbohydrate sources
- Use oils like olive, avocado, canola for dressings and cooking