

# Nutrition 101: Your Guide to Healthy Eating

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Health and Wellness Center

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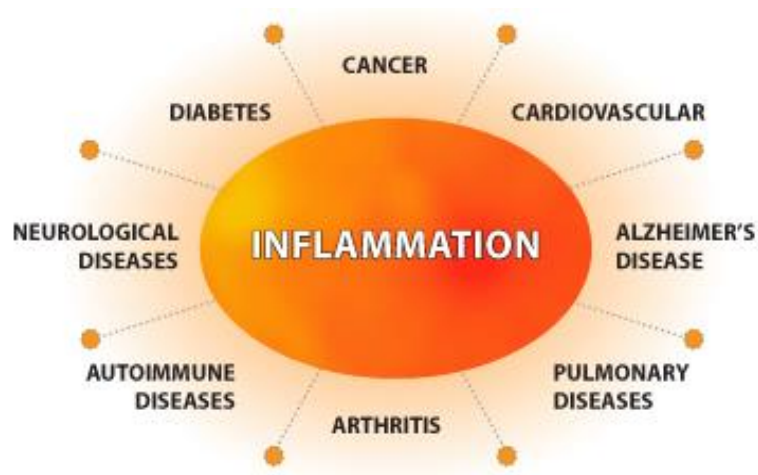
## Food is CODE



# What we eat affects:

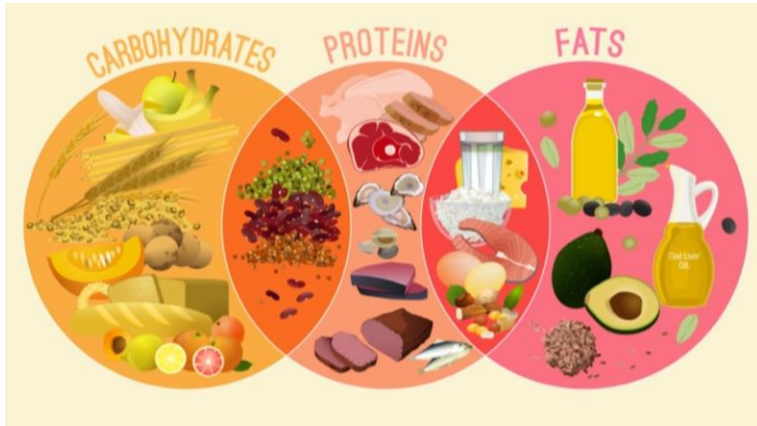
- Focus/concentration
- Ability to communicate
- Mood
- Sleep quality
- Ability to defend against disease (immune system)
- Fertility and sexual drive
- Quality of skin, brightness of eyes, strength of skin, hair and nails
- Susceptibility for chronic disease
- Energy levels
- How long we will live

\*Stevenson, S. (2020). *Eat smarter: Use the power of food to reboot your metabolism, upgrade your brain, and transform your life*. New York: Little, Brown Spark.



# Nutrition

- Food is Energy (calories)...and food is much more



## Carbohydrates

- Provides Energy
- Sources:



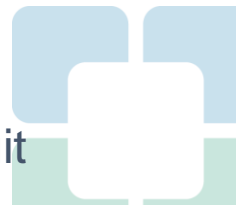


## BOTTOM LINE



## Fruits- 2 cups/d

- Aim for ½ -1 cup serving
- Low Glycemic options:
  - Berries
  - Cherries
  - Kiwi
  - Apple
  - Pear
  - Grapefruit



## NON-STARCHY VEGGIES - 3 cups/day



## Convenience



## Frozen Veggies

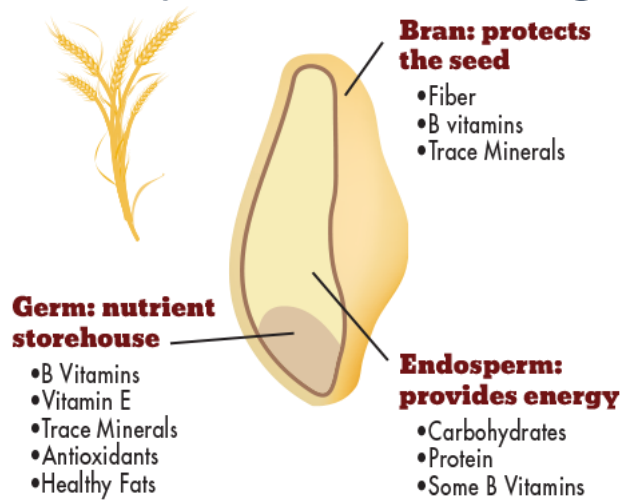


## Beans/Lentils

- Kidney beans, black beans, chickpeas, lentil etc (1/2 cup)



# Anatomy of a whole grain



## Whole Grains

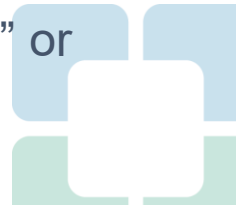
- Oatmeal
- Brown or Wild Rice
- Quinoa
- Whole wheat/grain pasta
- Whole wheat/grain cereal
- Whole grain or Sprouted Grain Bread
- Popcorn





# Food Label Tips

- Look for the words “100% whole ” or “whole” grain in the first ingredient
  - Whole wheat, oats, whole grain, brown rice, whole corn, quinoa, whole rye etc
- Limit foods containing the words “enriched” or “bleached” flours as first ingredients



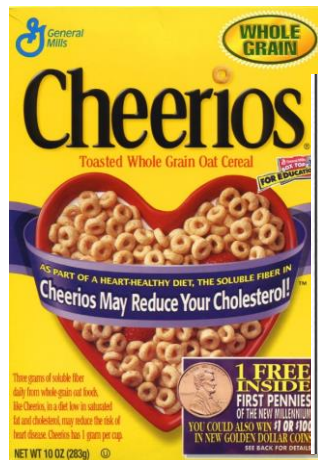
**Ingredients:**  
 Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Tocopherols, Trisodium Phosphate, Calcium Carbonate, Natural Colour. Contains Wheat Ingredients.

Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**MADE FROM:** WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, UNSULPHURED MOLASSES, CONTAINS 2 PERCENT OR LESS OF: OAT FIBER, SALT, SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), CITRIC ACID, CALCIUM PROPIONATE AND SORBIC ACID TO RETARD SPOILAGE, MONO AND DIGLYCERIDES, BUTTER (MILK)\*, WHEY\*, SOY LECITHIN.  
 \*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.



# Your turn!



**Ingredients:** Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>2</sub>.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55427-1052

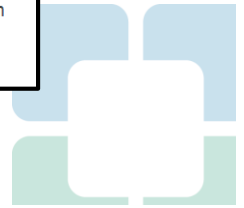
GLUTEN FREE





### Ingredients

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil with TBHQ for freshness, Whole Grain Wheat Flour, Sugar, Defatted Wheat Germ, Toasted Whole Grain Wheat, Sesame Seeds, contains two percent or less of Salt, Corn Syrup, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malt Extract, Dried Onion, Cornstarch, Soy Lecithin. Contains Wheat and Soy ingredients



### Ingredients

INGREDIENTS: WHOLE GRAIN WHEAT, VEGETABLE OIL (SOYBEAN OR CANOLA OIL), SEA SALT.





#### Ingredients

Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Brown Sugar, Contains 2% or Less of Each of the Following: Flax Seed, Whole Rye Flour, Salt, Rolled Oats, Soybean Oil, Barley Flakes, Triticale Flour, Cultured Wheat Flour, Sunflower Seed, Vinegar, Monoglycerides, Enzymes, Ascorbic Acid, Wheat Starch, Whole Amaranth, Hulled Whole Millet, Whole Khorasan Wheat Flour, Whole Brown Rice Flour, Whole Buckwheat Flour, Whole Milled Corn, Whole Spelt Flour, Monocalcium Phosphate, Soy Lecithin, Calcium Sulfate, Topped with Whole Amaranth Seed, Flaxseed, and Wheat Bran.



#### Ingredients

Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fiber (May Contain Soy, Oat, Cottonseed and/or Cellulose), Wheat Gluten, Whole Wheat Flour, Honey, Yeast, Contains 2% or Less of Each of the Following: Sugar, Wheat Bran, Salt, Cultured Wheat Flour, Vinegar, Dough Conditioners (Contains One or More of the Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- and Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, DATEM, Ethoxylated Mono- and Diglycerides, Enzymes, Ascorbic Acid), Psyllium, Monocalcium Phosphate, Citric Acid, Guar Gum, Sodium Citrate, Soy Lecithin, Niacin, Iron (Ferrous Sulfate), Thiamine Hydrochloride, Riboflavin, Folic Acid, Soy Flour, Natamycin (to Retard Spoilage).



**INGREDIENTS:** SEMOLINA (WHEAT), DURUM WHEAT FLOUR, TOMATO PUREE, CARROT PUREE (CARROT, LEMON JUICE CONCENTRATE, WATER), NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT INGREDIENTS. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING EGGS.



for general nutrition advice.

**INGREDIENTS:** WHOLE GRAIN DURUM WHEAT FLOUR. CONTAINS WHEAT INGREDIENTS.

Barilla America, Inc.  
Northbrook, IL 60062




# Protein

- To preserve & repair tissues and help form antibodies that fight infections.
- Preserve muscle mass



- **Aim to include protein with every meal and snack!**



## Protein Sources:

- Meats/Fish
  - Poultry
    - White chicken/turkey
  - Lean Beef
  - Lean Pork
  - Fish/ Shellfish
    - Aim for fatty fish 2x/wk!



- Dairy- calcium
  - Yogurt
  - Cheeses
  - Milk



- Eggs



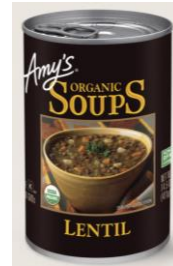
- Beans/Lentils
- Soy



- Nuts/Seeds
  - Nut butters (*natural*)



# Protein



# Healthy fats

- Extra Virgin Olive oil
- Avocado Oil
- Olives
- Avocados
- Nuts/Seeds
- Flaxseed(ground), chia seed
- Natural Nut Butters
- Hummus
- Eggs (the whole egg)
- Wild Salmon





## What Should I limit?

- Foods containing Hydrogenated oil, high fructose corn syrup, artificial colors or flavors, Preservatives-nitrates/nitrites
  - Cookies
  - Cake
  - Doughnuts
  - Snack cakes
  - Pastries
  - Hot dogs/processed meats
  - Chips, cheese puffs etc...
  - Some fried foods
  - Processed frozen foods
  - Certain granola bars/fruit & grain bars
  - Soda



\*Remember the key word limit, you don't have to attempt to eat perfectly.





# The WORST Offender??



4 grams sugar = 1 teaspoon



## Added sugars

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 1g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 230mg	6%

Total Sugars 12g  
Includes 10g Added Sugars 20%

- Limit added sugars to no more than 4 grams per serving
- AHA: No more than 24 g/d for women; no more than 36 g/day for men





**Nutrition Facts**  
About 31 servings per container  
**Serving size 1 1/4 Cup**

Cereal	
<b>Calories</b>	<b>140</b>
	% DV*
<b>Total Fat</b>	0.5g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	250mg 11%
<b>Total Carbohydrate</b>	34g 12%
Dietary Fiber	3g 10%
Total Sugars	11g
Includes Added Sugars	10g 20%
<b>Protein</b>	3g

10 grams = 2.5 teaspoons sugar



**Nutrition Facts**  
25 servings per container  
**Serving size 1 pack (50g) (4 biscuits)**

Amount per serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 13g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 4g	

11 grams = ~3 teaspoons sugar





**\*16g of whole grain per bar**  
**At least 48g recommend**

**Nutrition Facts**  
 Serving Size 2 bars (40g)  
 Servings Per Container 12

Amount Per Serving		% DV*
<b>Calories</b>	190	
Calories from Fat	60	
		<b>% DV*</b>
<b>Total Fat</b>	7g	<b>11%</b>
Saturated Fat	1g	<b>4%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	180mg	<b>7%</b>
<b>Total Carbohydrate</b>	29g	<b>10%</b>
Dietary Fiber	2g	<b>9%</b>
Sugars	11g	
<b>Protein</b>	3g	

11 grams = ~3 teaspoons sugar



**Nutrition Facts**

	Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b>	0g	<b>0%</b>	<b>Total Carb</b>	18g <b>6%</b>
Sat Fat	0g	<b>0%</b>	Dietary Fiber	0g <b>0%</b>
Trans Fat	0g		Sugars	16g
<b>Cholest</b>	0mg	<b>0%</b>	<b>Protein</b>	0g
<b>Sodium</b>	290mg	<b>12%</b>		
Vitamin A 0% • Vitamin C 6% • Calcium 0% • Iron 2%				

Serv. Size 2 Tbsp (37g)  
 Servings 62  
**Calories 70**  
 Fat Cal 0

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

16 grams = 4 teaspoons sugar





<b>Nutrition Facts</b>	
About 55 servings per container	
<b>Serving size 1 tbsp (15 mL)</b>	
Amount per serving	
<b>Calories</b>	<b>40</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Total Sugars 6g	
Includes 5g Added Sugars <b>10%</b>	
<b>Protein</b> 0g	
<small>Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.</small>	
<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>	

5 grams = 1 teaspoons sugar



**Serving Per Container: 1**

**Amount Per Serving**

**Calories: 240**

**Total Fat 0g**

**Sodium 75mg**

**Total Carbohydrate 65g**

**Sugars 65g**

**Added Sugars 65g**

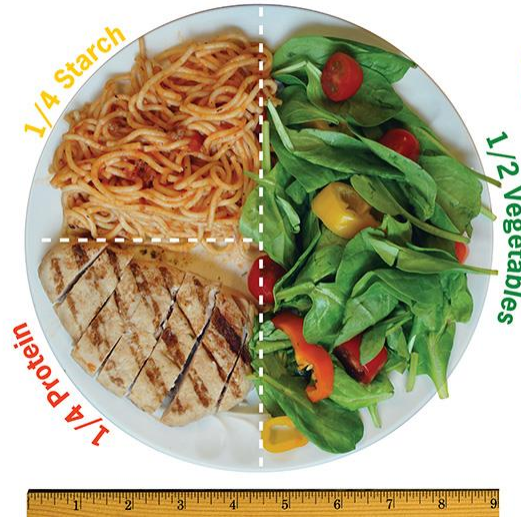
**Protein 0g**

65 grams = 16 teaspoons sugar

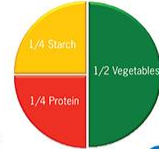


# Portions Matter

## My Healthy Plate



Plan the portions on your plate.

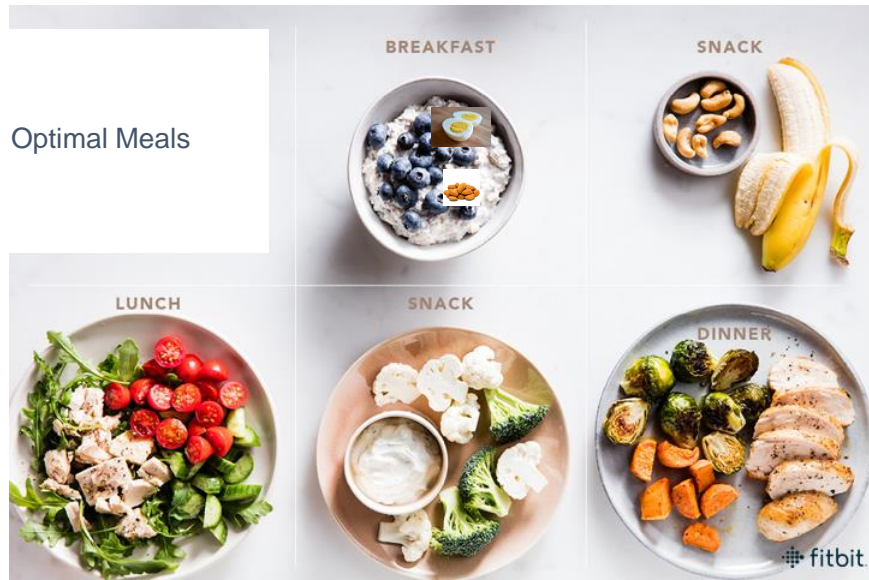


Optional Fruit or Dairy

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### Optimal Meals



fitbit

## Suboptimal Meals



## Hydration

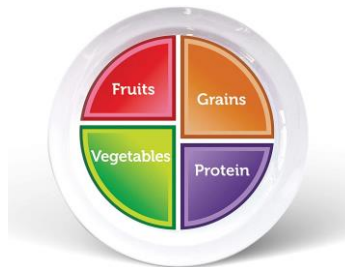
- Half your body weight in ounces of fluids (cap at 100 oz)
- Recommended Fluids
  - Water
  - Sparkling water
  - Unsweetened tea, coffee  
(limit 1-3 cups per day if caffeinated)

**“Drink before you are thirsty”**



## In Summary

- Nutrition intake affects every cell in the body
- Produce matters: 2 cups fruit, 3 cups veggies
- Limit added sugar and refined carbs
- Aim for the balanced plate through the day



## Any Questions?

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