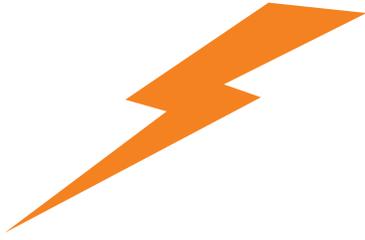


Macronutrients



Calories

Calories are the amount of energy that is found in a food. It is important to pay attention to the amount of calories in food and where they are coming from by reading nutrition labels.

Sources: Nutrients (protein, fat, carbs, alcohol)

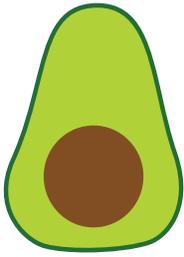


Protein

Protein helps build and repair muscle tissue, plays a important role in keeping your immune system strong, and it used to make enzymes, hormones and other body chemicals. Protein is a crucial building block of bones, muscles, cartilage, skin and blood and is also a great source of energy.

4 calories/gram

Sources: meats, fish, poultry, dairy products, nuts, legumes

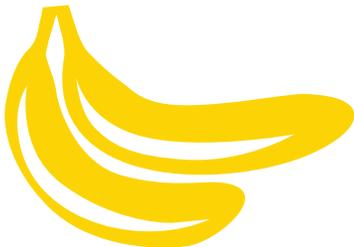


Fat

There are 3 main types of fat, unsaturated fats, saturated fats and trans fat. It is best to avoid trans fat, limit saturated fat to 10% or less of calories a day, and replace saturated fat with healthier monounsaturated and polyunsaturated fats. Fat provides energy for the body, helps reduce the risk of heart disease (unsaturated fats), and helps with micronutrient absorption.

9 calories/gram

Sources: Olive oil, canola oil, coconut oil, nuts, avocados



Carbohydrates

Carbs are the body's main source of energy, stored in the form of glycogen in the liver and there is a small amount is stored the muscles. Simple carbs (like pure sugar) burn up fast where as complex carbs burn slower over time. It is important to balance out carb consumption with an active lifestyle.

4 calories/gram

Sources: fruit, vegetables, grain products

Tips + Tricks for Planning Ahead:

- Always have a specific grocery list so you don't impulse buy
- Keep frozen produce and protein on hand
- Have healthy snacks available before you reach for sugary carbs or fast food
- Try to keep your fridge full and your pantry scarce to prevent yourself from eating too many processed foods
- Pre-cut fruit and veggies after you purchase them so they are ready to eat
- Plan out dinner a couple nights a week so you can buy groceries accordingly

Portion Size Fun:

Carbohydrate



1/2 cup = light bulb, palm, handful
cooked rice, pasta + cereal, fruits, veggies



1 cup = baseball, fist
raw leafy greens, whole piece of fruit

Protein



3 ounces = fist, palm of hand, deck of cards
meat, fish, poultry



1 1/2 ounces = 3 dice
Cheese

Fat



1 tablespoon = poker chip, thumb
peanut butter, salad dressing



1 teaspoon = 1 die, tip of thumb
cooking oil, butter, mayonnaise

The Facts About Nutrition Facts

Check serving size, calories, total fat (and fat distribution), total sodium, carbs, fiber, sugar and protein.

Most important: check the ingredient list! Ingredients are listed largest quantity first to lowest quantity.

Look out of hydrogenated and partially hydrogenated oils, high fructose corn syrup, MSG, nitrates, and artificial sugars.

Watch out for allergens. Double check for dietary claim stickers (ex: Gluten Free, Dairy Free).

1 teaspoon = tip of thumb, 1 die
cooking oil, butter, mayonnaise

Nutrition Facts	
Crunchy Kale Slaw (or Salad)	
Amount Per Serving	
Calories 280	Calories from Fat 198
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 2g	10%
Polyunsaturated Fat 8g	
Monounsaturated Fat 10g	
Sodium 345mg	14%
Potassium 594mg	17%
Total Carbohydrates 16g	5%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 10g	20%
Vitamin A	209%
Vitamin C	184%
Calcium	14%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.