Foundations of Personal Fitness

Chapter 4, Section 1

**What You Will Do**

* Identify factors that influence your food choices.
* Explain the role of carbohydrates, proteins, and fats in your eating plan.
* Identify the recommended daily amounts of carbohydrates, proteins, and fats.

**Terms to know**

|  |  |
| --- | --- |
| **nutrients** | **Amino acids** |
| **nutrition** | **vegetarian** |
| **culture** | **Saturated fatty acids** |
| **carbohydrates** | **Trans fatty acids** |
| **proteins** | **Unsaturated fatty acids** |
| **fats** | **cholesterol** |
| **calorie** | **LDL** |
| **Adipose tissue** | **HDL** |
| **Dietary fiber** |  |

**The Importance of Nutrition**

Personal fitness requires positive lifestyle including physical activity and healthful eating.

**Healthful Eating**

Good involves eating a variety of healthful foods.

Healthful eating means taking in the proper amount of each day.

These are some of the factors that influence your food choices:

* Hunger
* Appetite
* Family and friends
* Emotions
* Convenience and cost
* Advertising

**Nutrients for Energy**

There are three energy sources, all of which are nutrients.

are the body’s chief source of energy.

serve as a secondary source of energy.

, or lipids, are another type of nutrient that provide energy.

Your body’s energy needs are measured in .

**Carbohydrates**

**Carbohydrates are classified as:**

* **carbohydrates**
  + **These are sugars found in fruits, candy, cookies and soda.**
  + **They provide quick energy.**
* **carbohydrates**
  + **These are starches found in vegetables like corn and potatoes, as well as breads, cereals, pastas, rice, and dry beans.**
  + **They provide sustained energy.**
* **If a person takes in more carbohydrates than their body can use for energy or store as**  **, the excess glucose is stored as adipose tissue.**
* **Dietary fiber is not digestible in humans and thus provides no calories.**

**PROTEIN**

**is a component of bones, connective tissue, skin, blood, and vital organs.**

**Your body needs protein to:**

* **grow, repair, and maintain itself**
* **help fight disease**
* **supply energy**

**There are**   **different amino acids**

**Your body can manufacture all but nine. These are called**   ***amino acids* because you must get them from the foods you eat**

**There are two types of proteins found in foods:**

* ***proteins* contain all nine essential amino acids.**
  + **Animal products such as meats and dairy products are sources of complete proteins.**
* ***proteins* lack one or more of the essential amino acids.**
  + **With the exception of soybeans, plant foods are incomplete proteins.**

**Vegetarians must eat a variety of plant-based foods and dairy products to ensure an adequate intake of complete proteins.**

**are vegetarians who also eliminate eggs and dairy products from their diets.**

**Fats**

**The**   **properties of fats:**

* + 1. **Fats supply twice the energy of a gram of carbohydrate or protein.**
    2. **Fats transport and absorb vitamins A, D, E, and K**
    3. **Fats help regulate the hormone testosterone, which is used to build body tissue.**
    4. **Fats enhance the flavor and texture of foods**
    5. **Fats help satisfy huger because they take longer to digest**

**The**   **properties of fats:**

**Eating too many fats can clog arteries and lead to heart disease**

**Eating too many fats can lead to certain types of cancer**

**Fat that is not used as energy is stored as adipose tissue**

**Excess body fat can lead to unhealthful weight gain and obesity**

**Excess fat can lead to type 2 diabetes**

**Fats are classified into three basic types:**

are found in many foods, including fatty meats, cheese, ice cream, whole milk, palm oil, and coconut oil.

**fatty acids** are in processed foods such as margarine and shortening.

They can often be identified by the words *partially hydrogenated* in the list of ingredients.

**fatty acids** include corn oil, soybean oil, olive oil, sunflower oil, and some fish oils.

Saturated fats and trans fat contain .

Cholesterol circulates through the bloodstream in fat-protein “packages” called lipoproteins.

There are two types of lipoproteins.

* + - **Low-density lipoprotein (LDL)**
    - **High-density lipoprotein (HDL)**

Fats should make up about to % of your daily calories.

To reduce your fat intake:

* Limit your use of solid fats.
* Choose fat-free or low-fat products.