

DISCOVERING NUTRITION

HELEN KOWTALUK



DISCOVERING NUTRITION

Second Edition

HELEN KOWTALUK

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TO THE STUDENT . . .



Discovering Nutrition introduces you to the fascinating world of nutrition. It will help you to . . .

- discover the relationship between nutrition and your health
- make nutritious food choices
- help others understand the importance of nutrition to good health
- be able to tell the nutrition facts from misleading statements in news reports and in food advertising

• discover a career in nutrition

Discovering Nutrition is divided into four parts . . .

• Part One, "What Can Nutrition Do for You?," explains the importance of nutrition to good health and enjoyable living. It also describes careers in nutrition.

• Part Two, "Living Nutrition," describes how nutrients work in your body. It explains why different people need different amounts of nutrients.

• Part Three, "Make Nutrition Work for You," gives guidelines for setting up your personal nutrition program.

• Part Four, "Nutrition in the Kitchen," describes buying, storage, preparation, and serving practices that help to preserve nutrients in the food you buy.

Each chapter begins with a list of terms, "Terms to know." The terms are defined in the chapter. You can find them easily—the words appear either in italics or as titles of paragraphs about them.

Each chapter ends with . . .

• **To Review**—questions to help you recall the information in the chapter.

• **To Experience**—activities to help you apply what you have learned in the chapter.

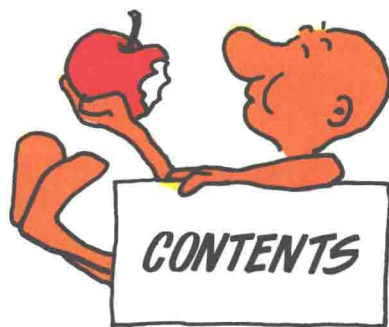


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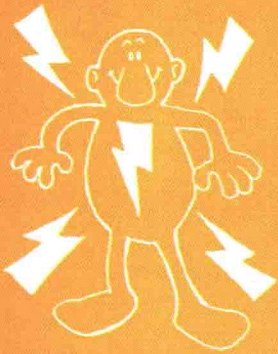
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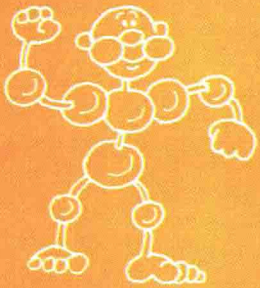
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Carbohydrates



Fats

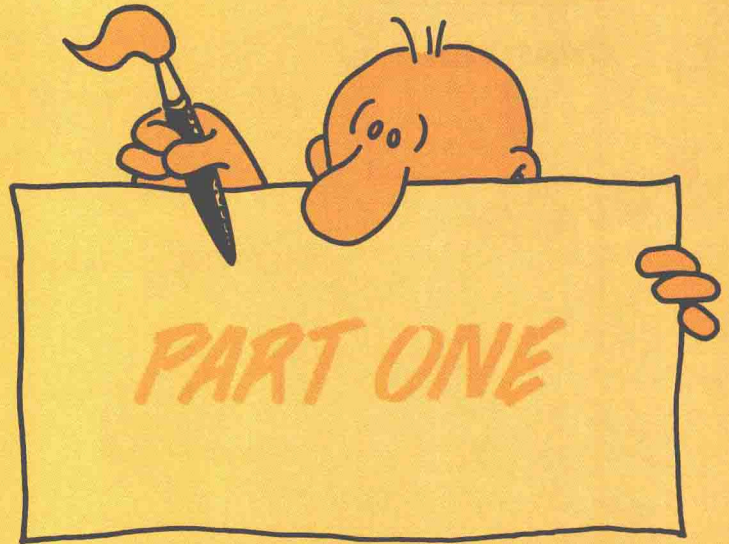
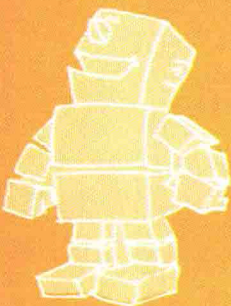


Proteins



Vitamins

Minerals



WHAT CAN NUTRITION DO FOR YOU?

Chapter 1. Nutrition Just for You, 8

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NUTRITION JUST FOR YOU

DISCOVER . . . what good nutrition can do for you.

Terms to know:

goals
good nutrition
nutrients
nutrition

poor nutrition
quality of life
values

The food you eat plays an important part in . . .

- the quality of your life
- your success on the job

QUALITY OF LIFE

Quality of life has to do with how you feel about the type of life you lead. It is measured by the satisfaction you get from your values—the things which are important to you. It includes how successful you are in reaching your goals—what you have planned to do. Every individual is different, so quality of life has personal meanings for everyone. The type of life one person prefers might not be enjoyed by someone else.

“But what,” you’re probably asking, “does food have to do with the type of life I lead?”

No matter what you want to do, you need good health to enjoy life. Food supplies your body with energy and nourishment to keep you in good health. *The food you eat and how your body turns food into energy and cells is called nutrition.*

Some foods provide more energy and nourishment for the body than others. So every time you choose a food to eat, you’re really deciding whether you’ll have good nutrition or poor nutrition. *Good nutrition means eating foods that help keep the body healthy. Poor nutrition means eating too much or too little or eating too many of the foods that lead to poor health.*

Good nutrition can help you to be healthy. Through good nutrition, you can . . .

- look your best
- feel your best
- act your best

Sound like magic? It’s not. Science shows a link between total good health and nutrition.



CHAPTER 1. NUTRITION JUST FOR YOU

For years, scientists have known that a severe lack of a certain vitamin or mineral caused a serious disease. Now many health experts are sure that poor nutrition is related to major illnesses such as cancer, heart attack, stroke, diabetes, cirrhosis of the liver, and atherosclerosis, or fat deposited on artery walls.

According to health experts, poor nutrition can also affect your general health and appearance. It can cause . . .

- skin problems
- irritability
- overweight
- a feeling of always being tired
- tooth decay

If you don't feel or look well, the quality of your life can suffer. For instance, a person who is overweight might feel too self-conscious to go out and meet new friends or get a much-wanted job.

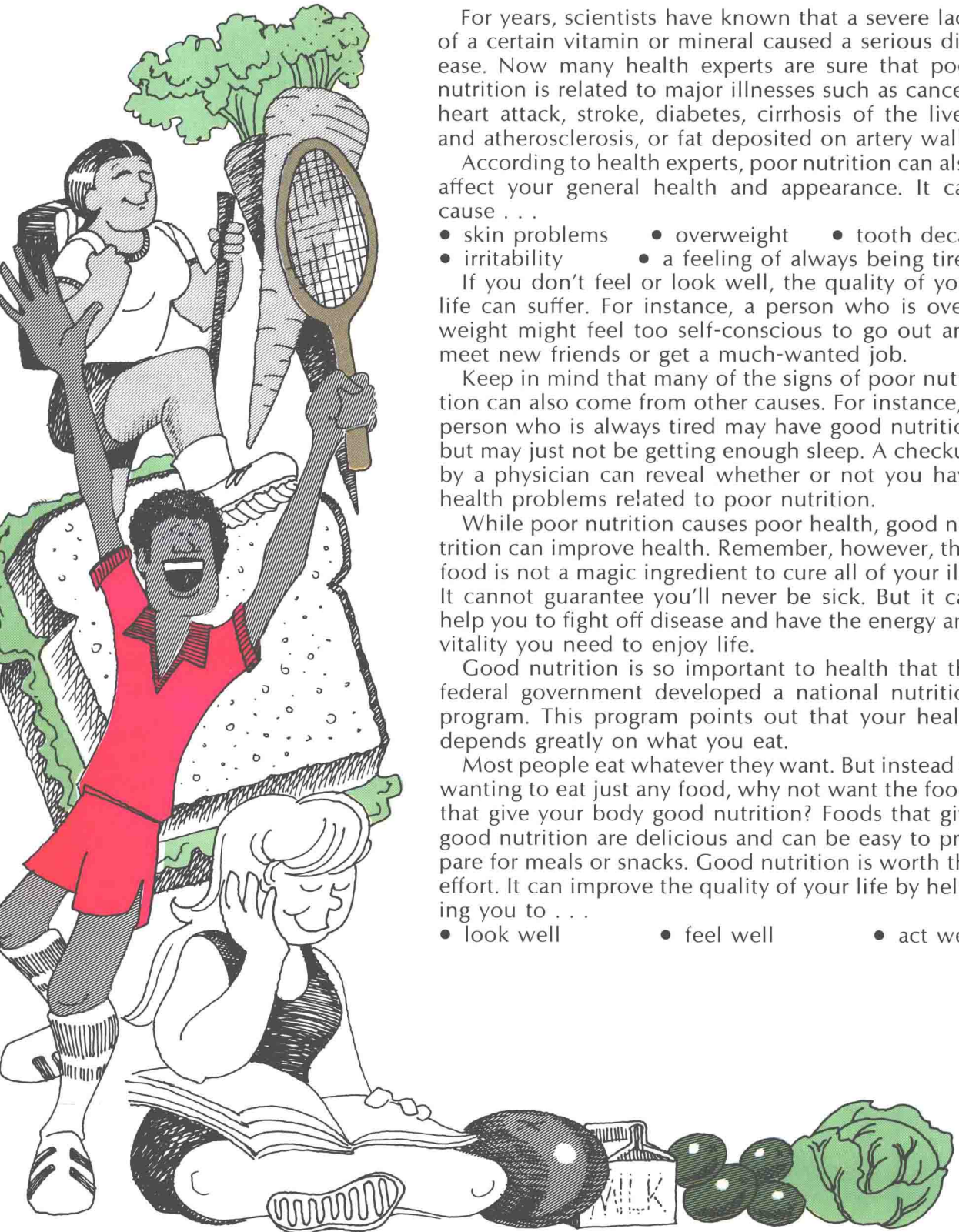
Keep in mind that many of the signs of poor nutrition can also come from other causes. For instance, a person who is always tired may have good nutrition but may just not be getting enough sleep. A checkup by a physician can reveal whether or not you have health problems related to poor nutrition.

While poor nutrition causes poor health, good nutrition can improve health. Remember, however, that food is not a magic ingredient to cure all of your ills. It cannot guarantee you'll never be sick. But it can help you to fight off disease and have the energy and vitality you need to enjoy life.

Good nutrition is so important to health that the federal government developed a national nutrition program. This program points out that your health depends greatly on what you eat.

Most people eat whatever they want. But instead of wanting to eat just any food, why not want the foods that give your body good nutrition? Foods that give good nutrition are delicious and can be easy to prepare for meals or snacks. Good nutrition is worth the effort. It can improve the quality of your life by helping you to . . .

- look well
- feel well
- act well



SUCCESS ON THE JOB

Studies show a clear link between nutrition and success on the job. Here are some job problems that can be traced to poor eating habits:

- **Ability to work.** People may have excellent ability, but poor nutrition can affect how well they do their jobs. Persons with poor eating habits find it difficult to concentrate on what they are doing. They tire easily and make mistakes often. They are less efficient and do less work than people with good nutrition.

- **Attitude.** One of the major reasons people are fired is because they cannot get along with others on the job. People with poor nutrition lose interest in what they are doing. Often they become moody, irritable, and unwilling to cooperate. Their attitudes make it difficult for them to get along with other people.

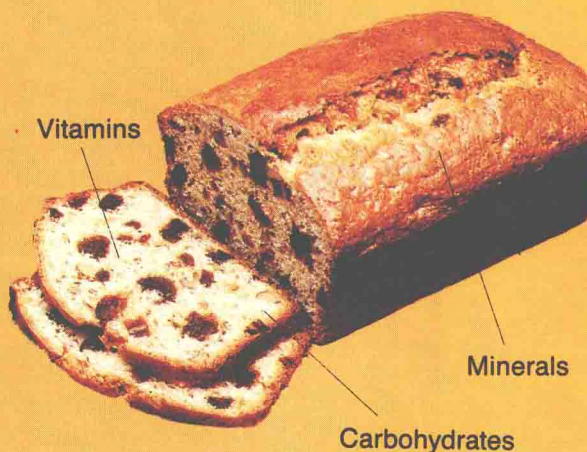
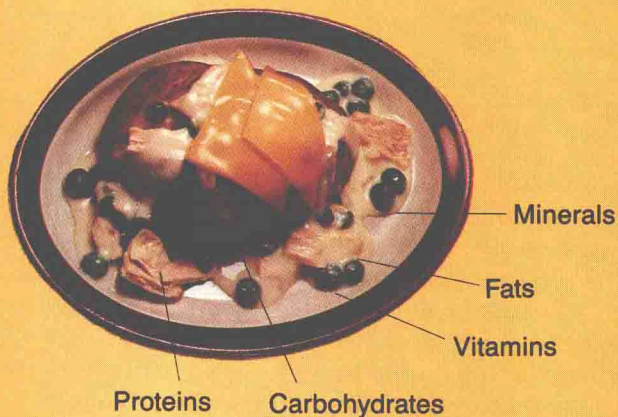
- **Attendance.** Employers want workers who are dependable. Employees with poor attendance are usually overlooked at promotion time and may even be fired. People with poor nutrition are more likely to have poor attendance records. They tend to get more serious illnesses and take longer to get well than those with good nutrition.

- **Appearance.** In many jobs, especially those that involve meeting the public, appearance is very important. Poor nutrition affects appearance—it can lead to skin problems and overweight.

- **Accidents.** People with poor eating habits tend to pay less attention to what they are doing. As a result, they have more accidents that could normally be prevented than do people who are well nourished.

As discussed earlier, good nutrition won't work miracles. For instance, it can't give you talents you don't already have. But good food habits can help you to look better, act better, and feel better so you'll do the best you possibly can on the job. And that's a big step toward success!





HOW DOES FOOD NOURISH THE BODY

Food is more than just something you eat for fun and pleasure. Food supplies your body with energy and nourishment. How?

Food is made up of chemicals. Your body is also made up of the same chemicals. Awake or asleep, your body constantly uses its supply of chemicals. To keep your body healthy and active, these used-up chemicals must be replaced. Food supplies the replacement chemicals.

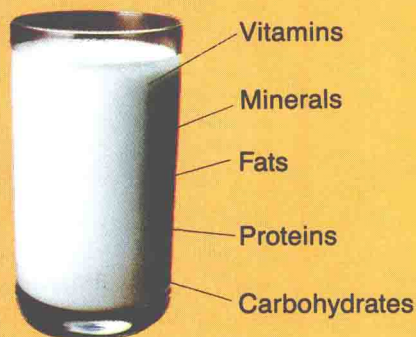
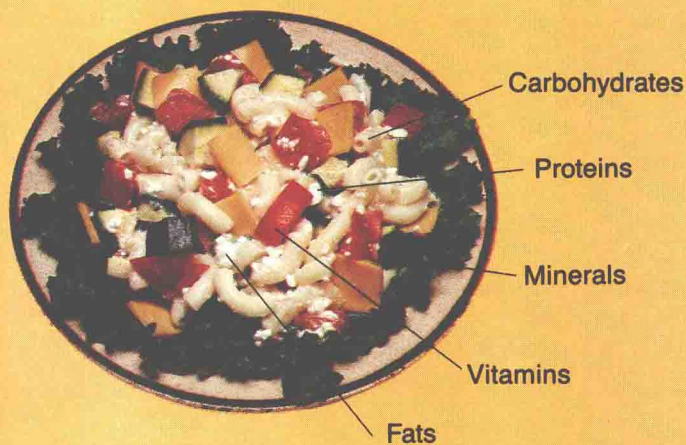
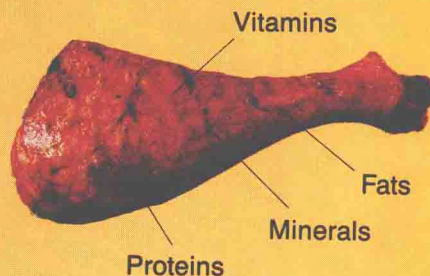
The chemicals in food and in the body are called nutrients. Some of the more common nutrients are proteins, fats, carbohydrates, vitamins, and minerals.

For most people, food has more meaning than just a supply of chemicals for the body. Food can be . . .

- fun to eat
- important in social activities
- a creative expression
- an important link with a person's cultural heritage

• a way of satisfying the feeling of hunger . . . but that doesn't guarantee you will have good nutrition.

Remember, the basic purpose of food is to supply the body with nutrients—chemicals to replace those the body uses every second of its life.



Photos: Borden Foods, Hellman's Mayonnaise, National Turkey Federation, American Dairy Assoc.



YOUR PERSONAL NUTRITION PROGRAM

People are sometimes afraid of what they will have to do to have good nutrition. They think they will have to throw out all of their old food habits and stop eating all the food they enjoy. They fear they will have to eat only certain food because "it's good for you" and not because they like it. That just isn't so.

Most people have both good and poor eating habits. The challenge is to keep those eating habits that give good nutrition and change the others. As discussed earlier in this chapter, every person is different. This means that your body has its own special nutrition needs. Once you learn the basics of good nutrition, you can choose food that fits . . .

- your lifestyle
- your cultural eating habits
- your food likes . . .

and still gives you good nutrition.

As you begin to work on your personal nutrition program, keep in mind what good nutrition can give you . . .

- good looks
- good health
- energy and vitality
- happier, healthier living

To Review

1. What is nutrition?
2. What is good nutrition?
3. What is poor nutrition?
4. How can nutrition affect quality of life?
5. Give examples of how nutrition can affect the way a person works on the job.
6. What are nutrients?
7. Why does the body need nutrients?
8. How can you start on your own personal nutrition program?

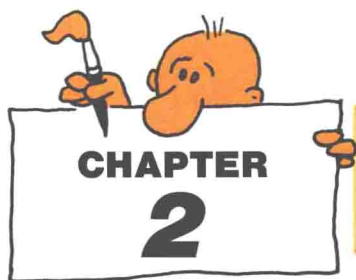
To Experience

Keep a diary of the food you eat for three weekdays in a row. Also keep a diary of the food you eat for one weekend, beginning Friday night and ending Sunday night. Be sure you write down all the foods you eat and drink, including snacks. Give the amounts.

Also include where you ate the food, who was with you, and the mood or circumstances you were in when you ate. For instance, an entry might read, "Ate lunch in the school cafeteria with Jerry, Althea, and Sally. Had to eat in a hurry so I could

finish my homework." Was the kind and amount of food you ate during the week different from that which you ate on the weekend? Give some possible reasons for the difference.

Save your Food Diary for later use.



CAREERS IN NUTRITION

DISCOVER . . . the many different careers in nutrition.

Terms to know:

paraprofessional

registered dietitian

Are you looking for a satisfying, rewarding career working with people? Consider a career in nutrition. You can help people improve their eating habits so they can lead better, healthier lives. Opportunities are available in public health organizations, industry, hospitals, school food service programs, and other organizations that offer food service.

You can work as a dietitian or as a nutritionist. In either case, you must complete a four-year college program in food and nutrition. A *registered dietitian* has passed the examination for registration and also qualifies as a member of the American Dietetic Association.

Jobs are also available for paraprofessionals. A *paraprofessional* is a person who has had a one- or two-year course in a community college or on-the-job training. A paraprofessional can work as a technician, assistant, or aide.

If you are interested in a career in nutrition, write to the following for more information:

- American Dietetic Association
430 North Michigan Avenue
Chicago, IL 60611
- American Home Economics Association
2010 Massachusetts Avenue, NW
Washington, DC 20036

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SCHOOL FOOD SERVICE . . .

School food service provides many job opportunities for people trained in food and nutrition. Most of the programs also offer on-the-job training.

School food service employees plan and prepare nutritious meals for students. They are also involved in nutrition education programs to help students understand what nutrients do for the body.

In the photo on the right, two students prepare salads for school dormitory residents under the guidance of the cafeteria manager. The students work part-time as food service employees and gain on-the-job training.

Bradley University



FOOD SERVICE . . .

Food service is one of the fastest growing industries in the country. Today, about 30% of all meals are eaten out. Job opportunities are plentiful, with about 250,000 new job openings every year.

Planning nutritious menus is an important part of the dietitian's job. However, the dietitian in food service also has other vital jobs, such as supervising employees, controlling quality and costs of food, and helping out in any of the food areas during emergencies.

Here, a food service dietitian . . .

. . . works with a cook in quantity control to find out how many servings a recipe will make . . .



14

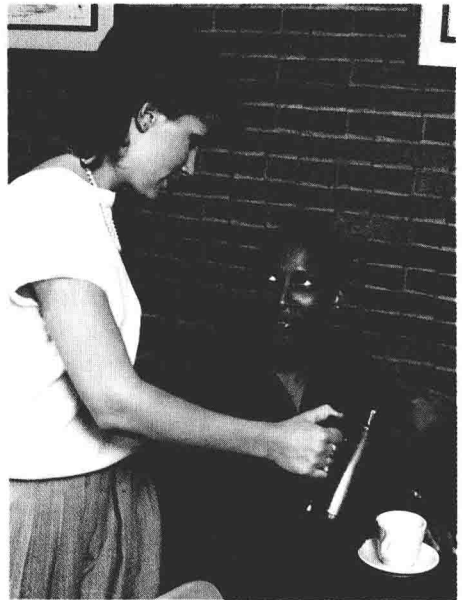
. . . reviews new information on dish-washing techniques with employees . . .



Williams Hall, Bradley

. . . shows a new employee around the kitchen . . .

. . . pours a second cup of coffee for a satisfied customer.



. . . reviews the hours an employee has worked . . .



COOPERATIVE EXTENSION SERVICE . . .

Nutrition education assistants are employed by the Expanded Food and Nutrition Education Program, directed by the local Cooperative Extension Service. The assistants come from the community in which they work. Thus they understand the problems faced by people in the area and can communicate with them more easily.

The assistants are trained by Extension home economists before starting to work. They also attend in-service training programs regularly.

On the job, they are supervised by Extension home economists. They work with groups and individuals, helping people to shop wisely and to plan and prepare nutritious meals.

This assistant helps a student learn the correct methods to use in preparing a meal



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These assistants take students on a tour of a grocery store. They show the students how to compare prices and quality and get the most nutritious buys for their money



Cooperative Extension Service, University of Illinois

PART ONE. WHAT CAN NUTRITION DO FOR YOU?

HOSPITALS . . .

Dietitians who work in hospitals are generally called clinical dietitians. They are an important part of the health team. They work closely with physicians in developing diets for patients and in counseling patients on diet problems.

Hospitals are sometimes part of a university medical center, which offers medical and dietetic training. The dietitians are involved in education by helping students learn the role nutrition plays in health and disease.

Hospitals offer many job opportunities for paraprofessionals. Assistants, technicians, and clerks assist dietitians in securing information from patients, planning diets for patients both at home and in hospitals, and taking part in team teaching.

This patient is being fed intravenously, but will soon be put on a special diet of liquid foods. The dietitian, working with the medical staff, will make sure that the correct foods are being served for each stage of the patient's recovery. Here, the dietitian and the nurse discuss the change in diet with the patient

Under the direction of the assistant director for the dietary program, dietetic students go over patients' records and review diets



*Photos: St. Francis Medical Center,
Peoria, Illinois*

Diet control clerks work with a dietitian. They go over each patient's menu before the trays are prepared to be sure the menus are correct.

