

Developing a Healthy Relationship with Food

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Part I

Nutrition

1. What is Nutrition?

The food you eat provides your body with the energy and materials it needs. Eating a balanced diet can help your body perform its functions.

Calories

Calories are simply small units of energy. Your body uses a lot of energy to move, talk, and even think.

Fat

Fat provides energy to the body and help insulate you from the cold. *Saturated* and *Trans* fats are unhealthy fats, while *Polyunsaturated* and *Monounsaturated* fats are healthy.

Cholesterol

Cholesterol is

Sodium

Sodium comes from salts. You need to consume some sodium, but too much can cause problems.

Carbohydrates (Carbs)

Carbs are found in grains and sugars. It is good to consume some carbs for quick energy. It is best to limit your sugar intake.

Protein

Protein is found in dairy, eggs, legumes, and meat. It helps rebuild your muscles

Vitamins and Minerals

In general, try to balance your vitamins and minerals.

Part II

A Balanced Diet

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Part III

Grocery Shopping

Part IV

Cooking

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Part V

Dietary Restrictions

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Part VI

Dealing with Stress

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