

# Wellness Workshop

## Protein, Fat, and Fiber

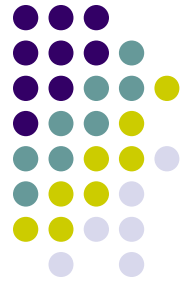


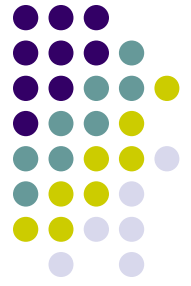
# Protein

- Sources
  - Meat (red, poultry, fish), dairy, whole grains, soy, nuts, seeds, beans, eggs
- Facts
  - One of the three macronutrients: the others are fat and carbohydrate
  - Essential for growth and maintenance
  - Made up of amino acids
  - Main component of muscle, hair, nails, skin, eyes, and organs.
  - Digested more slowly than carbs
  - Enzymes and hormones

# Protein

- High quality = complete (has all the essential amino acids)
  - Animal sources
  - Quinoa
  - Soy
- Low quality = incomplete
  - Plant sources (grains, nuts, beans, etc)
- Complementary proteins:
  - Beans and rice/corn
  - Peanut butter and bread
  - Oatmeal and nuts





# How Much Protein?

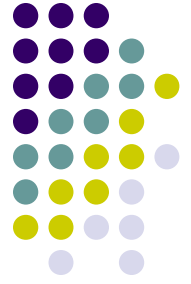
- 0.8 grams per kilogram of bodyweight
  - ex: 165 lb person / 2.2 = 75 Kg
  - 75 Kg x 0.8 g = **60g protein per day**
  - \*a 6oz porterhouse steak is 38g of protein!
  - There are **4 calories in 1 gram** of protein
- Excess protein in the diet, if not needed for fuel, is stored as fat.
- Not enough protein leads to a breakdown of body tissues.

# Choosing Healthy Protein Foods



- Mix it up!: variety is key
- Go low on saturated fat: choose plant sources and lean cuts of meat
- Limit red and processed meats
- Eat soy in moderation: most products are highly processed, except tofu
- Balance carbohydrates and proteins

# Fat (Dietary Fat)



- Sources
  - Meat, dairy, nuts, seeds, vegetable oils, margarine, avocados, animal fat.
- Facts
  - One of the macronutrients
  - Necessary for proper functioning of the body
  - Part of the make-up of cell walls
  - Important for infants and toddlers
  - Necessary for child-bearing
  - Slowest digesting macronutrient
  - Fat soluble vitamins A, D, E, K

# Fat



- Saturated – mostly animal protein but also from coconut and palm oils. Increases bad (LDL) cholesterol.
- Unsaturated (mono and poly) – healthy fats found in vegetable oils (liquid oil), avocados, fish, seeds, and nuts. Necessary for a healthy body.
- Trans - should be carefully avoided!! Increases bad (LDL) cholesterol AND decreases good (HDL) cholesterol.

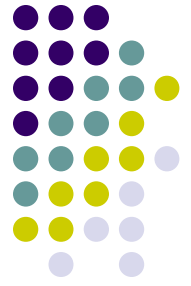


# How Much Fat?

- Total fat: 20-35% total calories
  - Ex: 2,000 calorie diet = 44 - 78g fat a day
- Unsaturated: no specific recommendation, as long as you stay within your total daily fat allowance.
- Saturated: <10% total calories (<7% for greater reduction in risk of heart disease)
  - Ex: 2,000 calorie diet, 10% = 22g and 7% = 15g
- Trans: <1% ~ 2g a day
- Cholesterol: <300mg
  - <200mg if at high risk for cardiovascular disease



# Choosing Healthy Fatty Foods

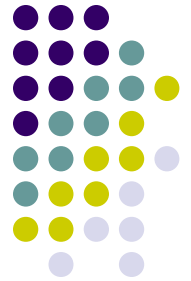


- Do NOT eliminate fat from your diet!!
  - You NEED IT to absorb nutrients and to maintain a healthy body.
- Read food labels and ingredients: know what kinds of fat are in your foods- and how much!
- Use olive oil to saute instead of butter
- Bake with canola oil
- Eat nuts and seeds as a snack and to add to other foods
- Use peanut butter without hydrogenated oils
- Put sliced avocado on sandwiches instead of cheese.
- Eat fish instead of red meat

# Fiber



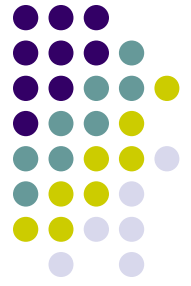
- Sources
  - Fruits, vegetables, seeds, nuts, whole grains, beans
- Facts
  - A natural part of all plants
  - Indigestible by the body
  - Helps maintain motility of the GI tract
  - Lowers cholesterol
  - Helps you feel fuller, longer
  - Soluble and insoluble fibers
  - Helps control diabetes



# How Much Fiber?

- Most Americans do not get enough fiber
  - Average intake is 5-14g a day
- Recommended fiber intake for Men
  - 19 to 50 years - 38 g/day
  - 51 to 70+ years – 30 g/day
- Recommended fiber intake for Women
  - 19 to 50 years - 25 g/day
  - 51 to 70+ years 21 g/day

# Tips To Meet Fiber Needs



- It's very important to try to reach the minimum requirements.
- Increase slowly: reduces GI problems
- Add in fluids: need more water to process more fiber
- Don't go overboard: More than 50g a day can lead to mineral deficiencies
- Spread it out in the day: If every meal and snack has at least 6 grams, it will add up
- Be no gas: if fiber upsets your stomach, take beano until you get used to it. Your body will adapt over time and you won't have problems with fiber.