

Serving
Size

Servings
per
container

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the measured amount of
a food (example:
number of chips, or 1
cup) that is used to
indicate the nutrition
facts listed on a
nutrition label

the number of servings
of a food that a
container holds. Note -
multiply the nutrition
information by the
number of servings you
are going to eat.

Calories

Fat
calories

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the ENERGY it takes to
raise 1 gram of water 1
degree celsius - OR:
ENERGY that fuels our
bodies and helps it to
run - like gasoline is
to a car engine. The
better the gasoline the
better your engine runs

should make up no
more than 30% of
your daily
calories, of which
10% should be
saturated fat
(worst kind)

saturated
fat

unsaturated
fats

are generally solid at room temperature, are the least healthy and tend to increase the level of cholesterol in your blood. Foods that contain saturated fat include butter, cheese, some margarines, shortening, tropical oils such as coconut and palm oil and the fats in meat and poultry skin, so you should try to limit your consumption of those oils and foods.

Reduce your blood cholesterol and are the GOOD fats. Two types Mono- and Poly unsaturated fats.

Mono-unsaturated
Fats

Poly
unsaturated
fats

Raise the good cholesterol in your blood HDL or "happy" cholesterol. helps protect against heart attacks etc. Canola oil, and olive oils. Peanut butter and nuts are ery high in monounsaturated fats. - Limit to 15% of total calorie intake per day

come from plants and fish. - but are more likely to form "free radicals" and lead to tissue damage. Good sources include most other vegetable oils (corn) and high fat fish, such as salmon and tuna. Should make up only 10% of total calorie intake.

partially
Hydrogenated
Vegetable
Oils

Trans
Fatty
Acids

in margarine and
shortenings,
contain
"unsaturated fats"
called "TRANS
FATTY ACIDS"

type of fats contained
in margarine and
shortenings. contain
unsaturated fats, and
may raise blood
cholesterol levels, but
not as much as
saturated fats.

Cholesterol

carbohydrates

a fatty substance, also called a
lipid, that's produced by the
liver. also found in foods high in
saturated fat (fatty meats, egg
yolks, shellfish, and whole-milk
dairy products) A vital part of
cell structure and functioning
but high levels of cholesterol in
your blood may lead to the slow
buildup of plaque in the arteries
- a disease called
atherosclerosis.

or saccharides, are sugars
and starches, which provide
energy for humans and
animals, and cellulose
which make up many plant
structures. two types of
carbohydrates, simple, or
monosaccharides and
complex, or polysaccharides

simple
carbohydrates

complex
carbohydrates

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Found in fruits and
dairy products are more
easily digested by the
body. They are also
often found in
processed, refined foods
such as white sugar,
pastas, and white bread.

take longer for the body to
digest, are most commonly found
in vegetables (cellulose), whole
grain breads and pasta, brown
rice, and legumes. Foods with
unrefined grains, such as brown
rice, retain complex carbs,
unlike refined grains, such as
white rice.

Fiber protein

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a virtually indigestible substance that is found
mainly in the outer layers of plants. Fiber is a
special type of carbohydrate that passes through
the human digestive system virtually unchanged,
without being broken down into nutrients. Slows
eating due to chewing, creates a full feeling
longer, slows digestion and absorption so sugars
enter blood more slowly, broken down in colon,
and byproducts (acids) nourish the lining of the
colon, play important role in metabolism and
nourish the liver.(beans, veggies, nuts, whole
grains)

protein in the foods we eat is
digested into amino acids that are
later used to replace used amino
acids (cell building blocks) in
our bodies. 20 different amino
acids that join together to make
all types of protein. Some of
these amino acids can't be made by
our bodies, so these are known as
essential amino acids. It's
essential that our diet provide
these.