**Nutrition**

**What is Nutrition?**

Nutrition involves a pattern of healthy eating that incorporates more foods and beverages that provide the body with what it needs to function at its best. There is no such thing as “good” food or “bad” food – but there is food that has more nutrients than others. Healthy eating involves choosing to eat more of the foods that are nutrient-rich.

***What Does Nutrient-rich mean?***

Nutrients include protein, fiber, vitamins, and minerals – they are substances that help our bodies function and stay well. We need nutrients to survive. Nutrients also include carbohydrates and fats. Complex carbohydrates (found in foods like whole grain) and healthy fats (found in foods like avocados and fish) are an important part of a healthy eating style.

**Nutrition Guidelines for Young Adults**

***Calorie Guidelines***

According to the 2015-2020 United States Department for Agriculture’s (USDA) Dietary Guidelines, the following are the estimated caloric needs for males and females.

**Males**

|  |  |  |  |
| --- | --- | --- | --- |
| **Age** | **Sedentary** | **Moderately Active** | **Active** |
| 17 | 2,400 | 2,800 | 3,200 |
| 18 | 2,400 | 2,800 | 3,200 |
| 19-20 | 2,600 | 2,800 | 3,000 |
| 21-25 | 2,400 | 2,800 | 3,000 |

**Females**

|  |  |  |  |
| --- | --- | --- | --- |
| **Age** | **Sedentary** | **Moderately Active** | **Active** |
| 17 | 1,800 | 2,000 | 2,400 |
| 18 | 1,800 | 2,000 | 2,400 |
| 19-20 | 2,000 | 2,200 | 2,400 |
| 21-25 | 2,000 | 2,200 | 2,400 |

Extreme diets, crash diets, or juice cleanses are typically 1200 calories or under. 1200 calories is too low for a healthy eating style.

***Food Group Guidelines***

The USDA recommends an eating style that includes five food groups:

* Fruits
* Vegetables
* Grains
	+ Half of your grains should be whole grains such as oats, brown rice, whole wheat bread and whole wheat pasta
* Protein
	+ Can include non-animal sources of protein such as nuts, beans, and tofu
* Dairy
	+ Can include non-dairy sources of calcium, Vitamin D, and protein

How foods in these food groups are prepared affects how nutritious they are. A healthy eating style is low in salt, sugar, and saturated fat. These things can be added to foods, but in smaller amounts and in moderation.

The following are the recommended daily amounts of each food group for males and females

|  |  |  |  |
| --- | --- | --- | --- |
| **Food Group** | **Daily Recommendation Males (19-30 yrs)** | **Daily Recommendation Females (19-30 yrs)** | **Examples** |
| Fruit | 2 cups | 2 cups | 1 small apple, 32 grapes, or 1 large banana is equal to 1 cup of fruit |
| Vegetables | 3 cups | 2 ½ cups | 2 cups of raw spinach, 1 large baked sweet potato, or 1 cups of broccoli florets is equal to 1 cup of vegetables |
| Grains | 8 oz | 6 oz | 1 mini bagel, 1 slice of bread, or ½ cup of oatmeal is equal to 1 oz of grains |
| Protein | 6 ½ oz | 5 ½ oz | 1 tbsp of peanut butter, ¼ cup of beans, or 1 egg is equal to 1 oz of protein |

The USDA recommends making small changes to your eating habits in order to maintain a healthy eating style. Healthy eating does not mean making a drastic change to your eating habits. Simple, small changes can lead to healthier eating, and better wellness, over time. Some simple changes include:

* Drinking water instead of a soda for one meal
* Carrying a water bottle to refill throughout the day
* Packing healthy snacks such as sliced fruit, a banana, or carrots and hummus
* Choosing protein that is low in saturated fat such as skinless chicken, or ground turkey

**Added Sugar**

A healthy eating style is low in added sugar, but what is added sugar? Added sugar are sugars and syrups that are added to foods and beverages when they are processed or prepared. They include substances such as dextrose, high fructose corn syrup, and sucralose, but added sugars can also include what we may think of as natural sugars such as nectar and honey.

Now, nutrition labels include the amount of added sugar in a food or beverage. This is a great way to see how much added sugar a product has.

What about other natural sugar like fructose? Added sugar does not include sugar found in whole fruit. In fact, swapping a sweet dessert such as a cookie or pastry with a whole fruit, can be one way to consume less added sugar!

**Dieting**

Dieting for weight loss has been shown to not be sustainable over time. Instead, strive to make small changes to your eating habits to get more nutrient-rich foods in your diet. Also, try to be active at least 30 minutes a day.

If weight loss is your goal, intuitive eating can help you reach your goals. Intuitive eating encourages paying attention to internal cues of hunger and paying attention to how your body feels after consuming certain foods.

Extreme diets, fad diets, or crash diets can have negative impacts on your health. If you are considering any type of diet, it is best to discuss it with a doctor to ensure you are meeting your goals but also getting the nutrients and calories your body needs. While there are many popular diets, one person’s success with a diet does not mean it may be successful or the right choice for you and your needs.

***Detoxes***

The body has a natural detox process. There is no scientific evidence that supports that detoxes remove toxins from the body.

It *is* possible to support your body’s natural detox process through staying hydrated, eating naturally fermented foods such as kimchi or sauerkraut, drinking green tea, and getting enough fiber from fruits and vegetables.

**Resources**

***Fact Sheets and Infographics to Print***

**What’s My Plate All About?**<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/2013-WhatsMyPlateAllAboutInfographic.pdf>

**Healthy Eating Tips**
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_14_FINAL.pdf>

**Hacking Your Snacks**
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_11_Hackingyoursnacks_0.pdf>

**Redo Your Coffee Shop Stop**
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_Tipsheet_8_redoyourcoffeeshopstop_0.pdf>

**Mini-Fridge Makeover**
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet27MiniFridgeMakeover_0.pdf>

**Healthy Eating in the Dining Hall**<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet26BeChoosyintheDiningHall_0.pdf>

***On-Campus Resources***

**Vol Dining**dining.utk.edu

The website for Vol Dining features menus for each dining option on campus and nutrition information.

**Nutrition Counseling**<https://dining.utk.edu/nutrition/nutrition-counseling/>865-243-4998
patterson-mary@aramark.com

Vol Dining provides free assistance to students to help them reach their nutritional goals. Contact Mary Leslie Patterson.

**Student Counseling Center**
Student Health Building, 2nd Floor
1800 Volunteer Blvd
Knoxville, TN 37996
865-974-2196

The Student Counseling Center can provide help for disordered eating/eating disorders.

**Sources**

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