

## Healthy and Balanced Nutrition:

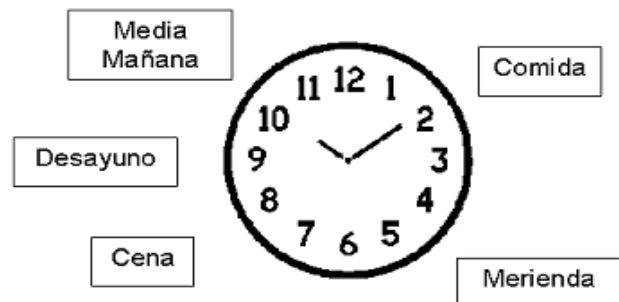
When talking about balanced nutrition, it is first necessary to know the different types of nutrients and the recommended daily quantities. To do this we are going to look at this food balance wheel, in which the different types of foods are classified by the amount of each you should eat daily. The bigger the space that a food group occupies on the wheel, the more foods in that group you should eat.



Don't be surprised if you see certain foods that are repeated in different sections of the wheel. Only sugar and oil are 100% carbohydrates and fats respectively; the rest of the foods contain many different nutrients, and they are classified by their most prominent nutrient.

There is no food that is complete by itself. Because of this we should combine different foods to have a healthy and balanced diet based on the recommended daily servings.

Breakfast, lunch, and dinner are necessary. Mid-morning and afternoon snacks are recommended when there is a difference of 3-4 hours between breakfast and lunch or between lunch and dinner.



### Calorie balance:

Calorie balance is the relationship that exists between ingested calories (food) and calories burned (physical activity). There are three main forms of calorie balance:



**Calorie equilibrium:** If the ingestion and burning of energy are equal, body weight is maintained.

**Positive calorie balance:** When the ingestion of calories is more than the calories burned, body weight increases due to the increase of adipose tissue (or muscular tissue with the right force training).

**Negative calorie balance:** When the ingestion of calories is less than the calories burned, body weight decreases.

## Tipos de Nutrientes:

### Carbohydrates (50-55% Diet)

Carbohydrates are energetic nutrients, and their main purpose is to give energy to the body (4kcal/gr). There are two essential types:

- **Complex carbohydrates:** These are absorbed slowly by the body and are found in pasta, rice, potatoes, legumes, foods containing flour (pizza, bread...), fruits and vegetables... etc.

Foods that are rich in fiber (whole-wheat products and vegetables) satisfy hunger more quickly, which helps us fight obesity and regulate the intestines since these foods are absorbed in a more progressive way by the body.

- **Simple carbohydrates:** These are absorbed very quickly by the body and must be consumed in smaller quantities (Honey, jams/jellies, sugar, nuts, sweets... etc.)

### Fats/Lipids (25-30% Diet)

Fats or lipids make up the most common energetic nutrient (9kcal/gr) and they provide fatty acids and essential vitamins. They are found in meats, butter, margarine, vegetable oils... etc.

There are three basic types of fats: **saturated** (animal fats) **monounsaturated** (vegetable fats) and **polyunsaturated** (olive oil, fish oil, omega 3 and 6, nuts...). These last fats are recommended as the basis of a healthy diet.

### Proteins (10-15% Diet)

Proteins are composed of amino acids and are necessary to form and repair tissues, as well as to have immune function, regulation, and the transportation of minerals. We find them in meats, fish, eggs, legumes, nuts, dairy, and they contribute 4kcal/gr of energy to the body.

### Vitamins

Vitamins are essential nutrients, and their main function is to regulate metabolic reactions.

### Minerals

Minerals can have a regulatory function for hormones and enzymes, as well as structural function for the bones and blood.

### Water:

Water is fundamental in every balanced diet. It helps with temperature control, metabolism, kidney function, digestion, breathing, and a lot more. It is necessary to drink water during physical activity due to the body's loss of water and mineral salts.

All of these nutrients should be adequately combined in a **balanced diet**, which is understood as an organized and planned group of foods that are eaten regularly, and not only as a hypocaloric diet (to lose weight).

## Nutritional advice:

To summarize, here are some recommendations for a healthy and balanced diet:

- ❖ Eat 5 meals per day (breakfast is essential in order to have energy during the day).
- ❖ Eat varied foods (including fruits and vegetables on a regular basis). There are no good or bad foods, but there are recommended quantities of each food, so you should eat in a balanced way.
- ❖ Eat based on your needs and your physical activity practice (remember calorie balance).
- ❖ You should leave fast food, industrial pastries, and sodas for rare occasions; they should not be the basis of your diet.

A balanced diet should contain the following daily servings:

### Recommended servings for adolescents:

	One serving is:	Servings/day
<b>Dairy</b>	1 cup of milk (200-250 cc) 1 yogurt or 2 petit suisse or 1 curd 4 cheese wedges 80 gr fresh or lean cheese (30-40 gr)	2-4
<b>Meat, Fish, Eggs</b>	80-100 gr of meat o 100-120 gr of fish 1-2 medium eggs 30-40 gr of ham, sausage or similar	2
<b>Cereals, Bread Potatoes, Legumes</b>	Rice, pasta or legumes (80-100 gr en crudo) 1 slice of bread (4 fingers thick) Patatas - plate (200 gr) garnish (100 gr) Breakfast cereals (60-80 gr) 6-8 biscuits	4-6
<b>Vegetables Hortalizas</b>	Plate (200-250 gr) or garnish (80-100 gr)	2
<b>Fruits</b>	1 medium-sized piece (120-150 g) or 2 small pieces 1 cup of natural juice	3
<b>Nuts</b>	A handful (20-30 gr)	3-6 each week
<b>Sugars</b>	Spoonful of sugar, honey, jam...	2-4 each day
<b>Oils and fats</b>	Spoonful of olive oil (10gr) Without abusing other fats	
<b>Water</b>	6-8 cups every day (2-3 liters)	
<b>Physical exercise</b>	3-5 days/week (> 30 minutes/session depending on intensity)	

## **Activities to do at home:**

### **1. Nutritional analysis of a product of your choice:**

Choose whatever food you want and analyze the label (ingredients, nutrients, nutritional content...) and then assess it:

### **2. Nutrition myths and legends:**

You've surely heard that bread and bananas make you fat, that you shouldn't drink water while eating, that light foods make you thinner... and many more statements like these.

You should choose one of these myths and look for information to check if it is correct or not: