

# Noteworthy Nutrition

*This handout serves to inform about the key components that comprise a healthy diet. This handout gives brief information about nutrients that should be included daily in the diet.*

## Sources of Fiber

Oatmeal, Nuts, Beans,  
Apples, Blueberries,  
Carrots, Cucumbers,  
Tomatoes, Popcorn,  
Lentils, Sweet  
Potatoes, Brown rice,  
Kale, Cabbage,  
Spinach

## Sources of Antioxidants

Leeks, onions, garlic,  
eggplant, grapes, red  
wine, pumpkin,  
mangoes, lentils,  
tomatoes, oregano,  
sweet potatoes, nuts,  
leafy greens, etc.

## Sources of Vitamins

Leafy Greens,  
Most Fruits,  
Most Vegetables,  
Whole-Grains,  
100% juice,  
100% Vegetable  
Juice

## Fiber:

### *What is Fiber?*

Fiber is a type of carbohydrate that the body cannot digest. Usually carbohydrates are broken down by the body into sugar, however, fiber cannot be broken down into sugar and it passes through the body undigested. Fiber can be either soluble or insoluble. Soluble fiber can dissolve in water and it assists with lowering blood glucose and cholesterol levels. Insoluble fiber does not dissolve in water and it assists with moving food through the digestive system, which promotes regularity and prevents constipation.

## Antioxidants:

### *What are Antioxidants?*

Antioxidants are a class of nutrients that help to protect the cells in our body from free radicals, which can contribute to serious health problems such as cancer and heart disease.

### *How do I look for Foods with Antioxidants?*

Antioxidants are common in our colorful fruits and vegetables. Carotenoids are the orange pigment in carrots and sweet potatoes. Anthocyanin's are the blue and red pigments in blueberries, raspberries, red cabbage, blackberries, etc. These are just a few examples of antioxidants in our food and why we should a colorful diet!

## Vitamins:

### *What are Vitamins?*

Vitamins help the body grow and function the way it should. There are 13 vitamins which are A, C, D, E, K, and B (thiamin, folate, biotin, niacin, pantothenic acid, B6, and B12). Vitamins play different roles in the body, such as: resisting infections, nerve health, getting energy from food, or assisting with blood clotting.

# Noteworthy Nutrition

## Sources of Minerals

Leafy green vegetables,  
whole-wheat grains,  
milk products, beans,  
fish, meat, poultry, eggs,  
vegetables,  
fruit, nuts, etc.  
It's all about a balanced  
diet!

## Minerals

### *What are Minerals?*

Minerals are naturally occurring substances that are essential for a healthy body. Examples include calcium, phosphorus, potassium, magnesium, iron, zinc, copper, iodine, fluoride, etc.

### *How do I look for Foods with Minerals?*

Because there are so many minerals that we need to be healthy and high functioning, it can be overwhelming to track our intake of all of these compounds. However, as long as we eat a balanced diet, for instance by following MyPlate, we should get everything that we need!

## MyPlate

### *What is MyPlate?*

MyPlate shows the amount and type of foods that should be eaten on a daily basis. Things to focus on when preparing meals are:

- variety (different fruits, and vegetables),
- make half your plate fruit and vegetables,
- make half your grains whole-grains (whole-wheat bread, brown rice, or oatmeal),
- switch to low-fat (1%) or fat-free milk

