Your Guide to a Healthy Meal Plan

JC BACTAD, RND

SAN NAG KAIBA?

Among adolescents…

26.3 %
are stunted

11.3 %
are wasted

Among adolescents…

11.6 %

are overweight
and obese

Session Objective

To be able to distinguish foods from carbohydrates, protein and fat as a guide in your healthy food choices.

Battery Test! WHAT MACRO I AM?

Mechanics: Identify foods under Carbohydrate, Protein and Fat.

HARD FACTS ON HYPERTENSION and DIABETES

- About 22.3% of the adult population is considered hypertensive.
- Highest among 50-59 age group (35.1%) and is lowest in the youngest age group (3.4%).
- Males have a higher prevalence than females in every age group.
- Diabetes prevalence based on a cut-off of 126 mg/dl is 5.4%.

Source: National Nutrition Survey

BASICS OF MACRONUTRIENTS

A. Carbohydrate
B. Protein
C. Fat
D. Water **

CARBOHYDRATES

A. CARBOHYDRATES

are our bodies' **preferred source of energy** due to the following reasons: **(GO FOODS) – 55 to 70% of the diet**

1. Are **readily available** being widely distributed in a variety of easily grown plants such as grains, vegetables and fruits.

2. The cost in the total food **budget is relatively small.**

3. Provide **quick and sustained body fuel**.

Examples of Carbohydrates

A. CARBOHYDRATES

COMPLEX CARBS VS **SIMPLE CARBS**

MAKES US FULL
USUALLY LESS
PROCESSED
LOW GLYCEMIC INDEX
90% of total
Carbohydrate
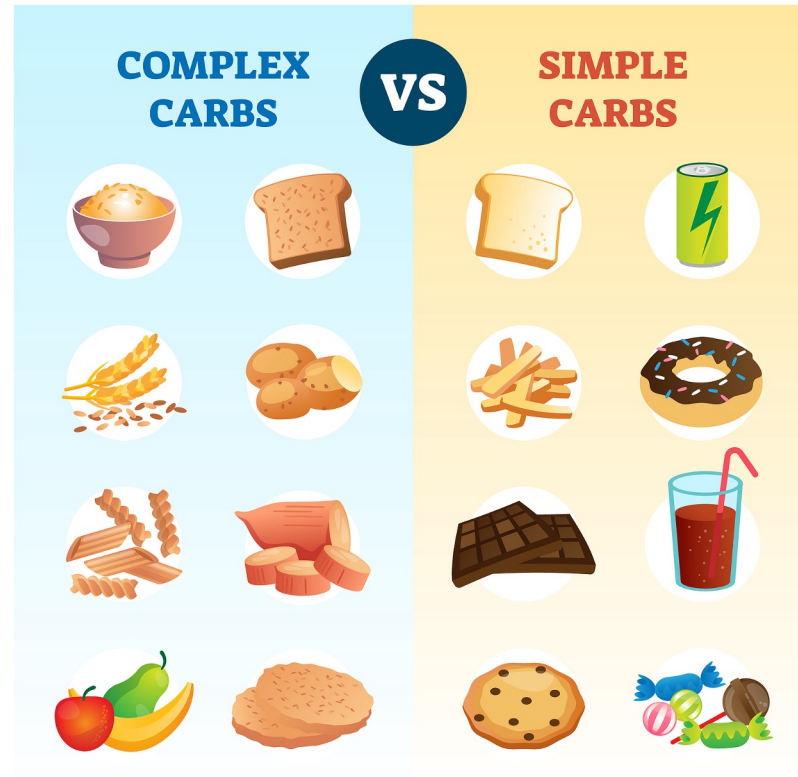
SIMPLE SUGAR
SWEET
HIGH GLYCEMIC INDEX
10% of total
Carbohydrate

A. CARBOHYDRATES

Following IOM and FAO/WHO recommendations, a daily intake of 20-25 g dietary fiber is also suggested.

Food and Nutrition Research Institute, Department of Science and Technology (FNRI-DOST). 2002. Recommended Energy and Nutrient Intakes. Philippines, 2002 Edition.

What does 25 grams fiber look like?

YOU'D NEED TO EAT
8 medium sized BANANAS
TO GET 25 GRAMS OF DAILY FIBER.

NuGo

You'd need to eat
5 LARGE APPLES
to get 25 grams of daily fiber.

NuGo

JC's NUTRITIPS on Carbohydrates

carbohydrates in their natural packaging are an excellent choice for health, while refined carbs should be minimized.

If you suffer from constipation, increasing fiber-rich carbohydrate foods, like whole grains, beans, fruits, and vegetables, can help.

WHICH DO YOU PREFER?

PROTEIN

B. PROTEIN

allows your body to grow, build and repair tissues, and protect lean body mass (your muscle mass) **(GROW FOODS).**

B. PROTEIN

The recommended intake is **10 to 15%** from the total caloric requirement.

The 2013 National Nutrition Survey of the Food and Nutrition Research Institute (FNRI) showed that only 62.7% of Filipinos met their daily dietary protein requirement.

Food and Nutrition Research Institute, Department of Science and Technology (FNRI-DOST). 2002. Recommended Energy and Nutrient Intakes. Philippines, 2002 Edition.

HOW DO YOU MAKE YOUR FOOD HIGH IN PROTEIN

GUILTY?

FAT

C. FAT

allows you to store energy, protects organs, make certain hormones, absorb fat soluble vitamins,

Recommended intake is 20 to 25% of the diet.

There are three types of fat:

**Bad Fats,
Saturated fat, and
Good Fats.**

Food and Nutrition Research Institute, Department of Science and Technology (FNRI-DOST). 2002. Recommended Energy and Nutrient Intakes. Philippines, 2002 Edition.

C. FAT

BAD FATS

trans fats — increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil.

Food and Nutrition Research Institute, Department of Science and Technology (FNRI-DOST). 2002. Recommended Energy and Nutrient Intakes. Philippines, 2002 Edition.

C. FAT

Saturated Fats

while not as harmful as trans fats, negatively impact health and are best consumed in moderation. Usually from animal source.

C. FAT

GOOD Fats
Helps lower blood cholesterol and increase good blood cholesterol
Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

Food and Nutrition Research Institute, Department of Science and Technology (FNRI-DOST). 2002. Recommended Energy and Nutrient Intakes. Philippines, 2002 Edition.

PAUSE FOR QUESTIONS

Water

D. WATER

Water is defined as an **essential nutrient** because all biochemical reactions occur in water.

Water is also required for digestion, absorption, transportation, dissolving nutrients, elimination of waste products and thermoregulation (Kleiner 1999).
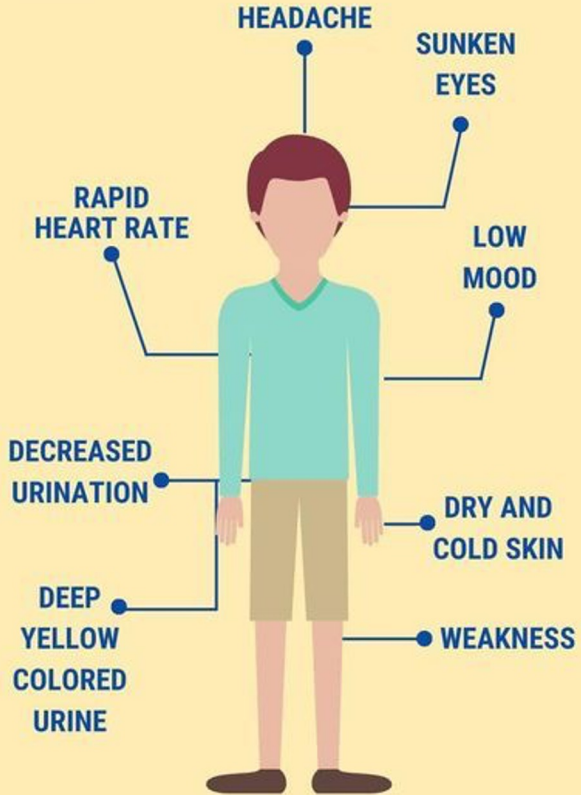
D. WATER

It was found that the average total fluid intake of Filipinos was 1691 milliliters per day or an equivalent of seven glasses of fluid per day. Drinking water contributed the highest percentage of fluid consumption (65.3%) followed by water from food (9.1%) and coffee and tea (7.8%).

The *Pinggang Pinoy*, developed by the DOST-FNRI, recommends drinking lots of water, from 5 to 12 glasses of water, depending on age and one glass of milk everyday.

Source: https://pia.gov.ph/news/articles/1003316

SIGNS OF DEHYDRATION

HEADACHE

SUNKEN EYES

RAPID HEART RATE

LOW MOOD

DECREASED URINATION

DRY AND COLD SKIN

DEEP YELLOW COLORED URINE

WEAKNESS

DRINK FILTERED   www.drinkfiltered.com

Eat Well To Be Well

HEALTNSLOGANS.COM

Q & A

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