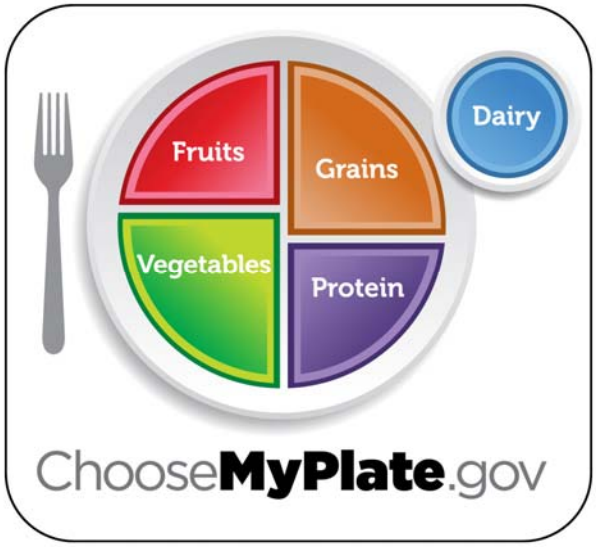
Nutrition Notes

Food Groups



The 2010 Key Recommendations for food group intake are directional rather than providing the precise quantitative amounts that should be consumed. The following guidelines are identified:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Reduce daily sodium intake to less than 1,500 mg.
- Drink water instead of sugary drinks

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Food as Fuel: Calories

A calorie is defined scientifically as the amount of energy required to raise the temperature of one gram of water by exactly one degree Celsius. For nutritional purposes, a calorie is a standard measure of how much energy is delivered in the different foods you eat. When you eat, your body converts food to fuel, and burns it through bodily functions and activity. Vigorous exercise requires a lot of caloric fuel. When at rest, your body needs fewer calories, but some energy is needed to keep your bodily systems going—digestion, respiration, and so on. To stay even (and not get too fat or too thin), you should consume the same number of calories you burn. If you consume many calories but aren't active, the energy has nowhere to go, and it is stored as fat. In primitive times, a store of fat was helpful, because food could become scarce at times, and a body could draw on stores of fat to get through lean times. In these plentiful times, storing body fat isn't necessary, and, in your diet, fat should account for less than 30 percent of all the calories consumed.

USDA Recommended Daily Calories

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

	MALES		
Activity level	Sedentary*	Mod. active*	Active*
AGE			
2	1000	1000	1000
3	1000	1400	1400
4	1200	1400	1600
5	1200	1400	1600
6	1400	1600	1800
7	1400	1600	1800
8	1400	1600	2000
9	1600	1800	2000
10	1600	1800	2200
11	1800	2000	2200
12	1800	2200	2400
13	2000	2200	2600
14	2000	2400	2800
15	2200	2600	3000
16	2400	2800	3200
17	2400	2800	3200
18	2400	2800	3200

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	FEMALES		
Activity level	Sedentary*	Mod. active*	Active*
AGE			
2	1000	1000	1000
3	1000	1200	1400
4	1200	1400	1400
5	1200	1400	1600
6	1200	1400	1600
7	1200	1600	1800
8	1400	1600	1800
9	1400	1600	1800
10	1400	1800	2000
11	1600	1800	2000
12	1600	2000	2200
13	1600	2000	2200
14	1800	2000	2400
15	1800	2000	2400
16	1800	2000	2400
17	1800	2000	2400
18	1800	2000	2400

Sources:

www.choosemyplate.gov
http://en.wikipedia.org/wiki/Calorie

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