



Nutrition Basics

The importance of good nutrition

Chapter 1, Lesson 1



Eating healthy is one of the best things you can do for your health!

The importance of good nutrition

Healthy eating is a vital part of good health. Good nutrition affects our health through weight maintenance and ensuring we get the appropriate amounts of nutrients for our bodies to function properly.

Being overweight or underweight can put you at risk for health conditions such as heart disease, diabetes, high cholesterol, hypertension, certain types of cancer and more. Weight can also influence emotional health issues such as anxiety and depression.

At the same time, the types and amounts of foods you eat can influence your health. Not getting proper nutrients and eating too many unhealthy foods can cause many health problems.

Eating nutritious foods may help your body function more efficiently, prevent chronic disease and help you feel more energized.

Benefits of healthy eating

- Reduces risk of chronic disease and cancer
- Slows the release of glucose into your bloodstream
- Improves cardiovascular and brain health
- Protects cells from damage
- Essential for muscle functioning
- May help you live longer



Effects of unhealthy eating

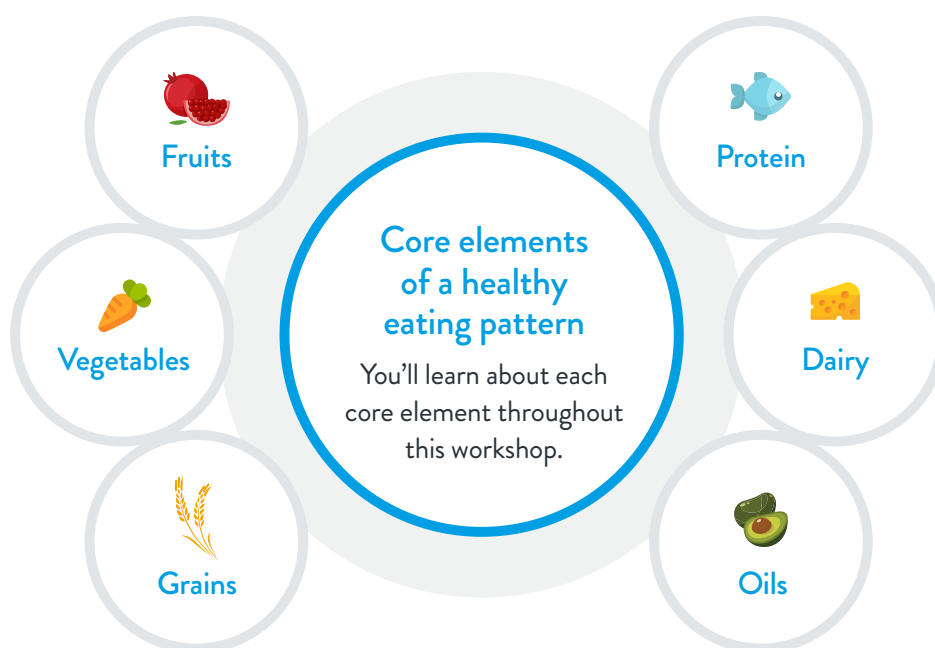
- Obesity
- Being underweight
- Heart disease, hypertension and stroke
- Type 2 diabetes
- Cancer
- Dental problems
- Poor gut health
- Weakened immune system

Make every bite count!

The foundation of the workshop is information from United States Department of Agriculture (USDA) Dietary Guidelines for Americans, 2020-2025 based on extensive research to help you improve your nutrition. These guidelines set the standard for healthy eating in the United States. Making sense of the guidelines can be tough, but we're here to explain them to you!

What is a “healthy eating pattern”?

A healthy eating pattern focuses on variety, nutrient-density and amounts of foods and beverages. It consists of eating foods high in vitamins and minerals from all food groups.



What are the key takeaways?

Healthy eating is a lifelong behavior.

Foods and beverages should be consumed in a manner that is beneficial to your health and to maintaining a healthy weight.

There is no “one size fits all” model of healthy eating. Everyone is different, but there are certain general rules to follow to create your healthy eating pattern.

Next Steps

1. Read Lesson 2: Simple Rules for Eating Healthy
2. Read Lesson 3: What Is MyPlate?
3. Take Chapter 1 Quiz

The goal of this workshop is to help you establish a basic understanding of good nutrition, what is needed as part of a healthy diet, understanding portion sizes, and then putting it all together.

Sources

United States Department of Agriculture (2020). Dietary Guidelines for Americans, 2020-2025. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf