

# Eat Like an Expert

October 20, 2010

## Exercise and Nutrition

Meeting Area: Sports, Recreation and Fitness Center (SuRF)

### Key concepts

#### 1. Calories = Energy

Scientists and consumers have different definitions of energy.

Consumers' definition of energy: stamina, the ability to get through daily life tasks and not feel exhausted; joie de vivre (joy of living)

Scientists' definition of energy: a measure of heat; an indication of potential stored fuel in a food. This fuel can be turned into the 'work' to run your body – metabolic fuel or calories.

#### 2. Components of calories or energy

Also called 'macronutrients'

Protein

Carbohydrate

Alcohol

Fat

#### 3. For exercise, the most important sources of energy are carbohydrate and fat.

When your body works very hard (exercise at high intensity), you use more carbohydrate

When your body works less hard for a longer period of time (moderate intensity), you use more fat.

The more you exercise (measured by how fit you are), the less hard your body has to work to do the same amount of exercise. (**SEE EXERCISE CHAPTER IN TEXT**)

#### 4. If you are balancing the calories you consume and the calories you burn through exercise, exercise helps give you more choices for eating and staying in balance.

Recommended exercise to maintain your weight: 30 minutes per day

Recommended exercise to lose weight: 60 minutes per day, at least 5 times a week

**Expert tip: There is no 'best' time to exercise. Some people find it easier to get up and 'get it done' first thing in the morning. Others find they have more time in the late afternoon or early evening. Still others find that shorter 'bursts' of exercise – 10 minute segments – can be worked into the day. Some experts use a pedometer to count '10,000 steps'. They look at**

**the pedometer at 4:30 or 5:00. Then they exercise until they reach the 10,000 mark.**

**The main thing is, don't leave it until 'tomorrow'.**

## 5. Calculating your calorie intake

To manage your personal intake, you need to know the following:

- a) how many calories do you need every day
- b) do you want to gain weight, lose weight, or maintain your weight
- c) how many calories are you currently eating

A) How many calories do you need every day?

Log onto the internet and go to the website:

<http://www.mypyramid.gov/>

On the right side of the screen, in the blue box labeled 'I want to', click on 'Get a personalized plan'

Fill in your age, gender, height and weight, and physical activity level. Then click 'Submit'. The program will give you an approximate number of calories.

Then determine how many calories you eat.

Keep a diary of all the food you consume in a day. The table below will help you visualize the servings without having to weigh and measure your food.

To track your food intake, go to the website:

<http://www.mypyramidtracker.gov>

You can obtain an ID so you can come back to it or try it without registering. Either way, enter age, weight, and height, then submit to begin entering food.

For each food you enter, you can also put it into a 'frequently used' category. This is particularly helpful if you have the same breakfast each day or if you have coffee with milk and sugar several times a day.

Put the entire group of foods for the day into the list. Then click 'select quantity'. Select the amount and serving size for each food. Finally, click 'save and analyze'. Click on the selection for 'nutrient intake'. You will see how many calories, but also the amounts of other nutrients you have eaten. That amount will also be compared with the number of calories you need in a day.

Use this guide to help you visualize your food choices:

<b>Grain Products</b>	<b>What One Serving Looks Like</b>
1 cup of cereal flakes	The size of a fist
1 pancake	A compact disc
½ cup of cooked rice, pasta, or potato	½ of a baseball
1 slice of bread	A cassette tape
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<b>Fruits and Veggies</b>	<b>What One Serving Looks Like</b>
1 cup of salad greens	A baseball
1 medium fruit	A baseball
½ cup of raisins	A large egg
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<b>Dairy and Cheese</b>	<b>What One Serving Looks Like</b>
1 ½ oz. cheese	4 stacked dice
½ cup of ice cream	½ baseball
1 cup serving of milk, yogurt, or fresh greens	The size of a fist
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<b>Meats and Alternatives</b>	<b>What One Serving Looks Like</b>
3 oz. meat, fish, and poultry	Deck of cards
3 oz. grilled/baked fish	Checkbook
2 Tbsp. peanut butter	Ping pong ball
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<b>Fats</b>	<b>What One Serving Looks Like</b>
1 teaspoon of oil	The size of your thumb tip

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