

The Foods We Eat

The Importance of a Balanced Diet





What is a Balanced Diet?

- A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free.
- A healthy, balanced diet provides the necessary energy requirement, protects against vitamin, mineral, and other nutritional deficiencies, and builds up immunity.



Macro and Micro Nutrients

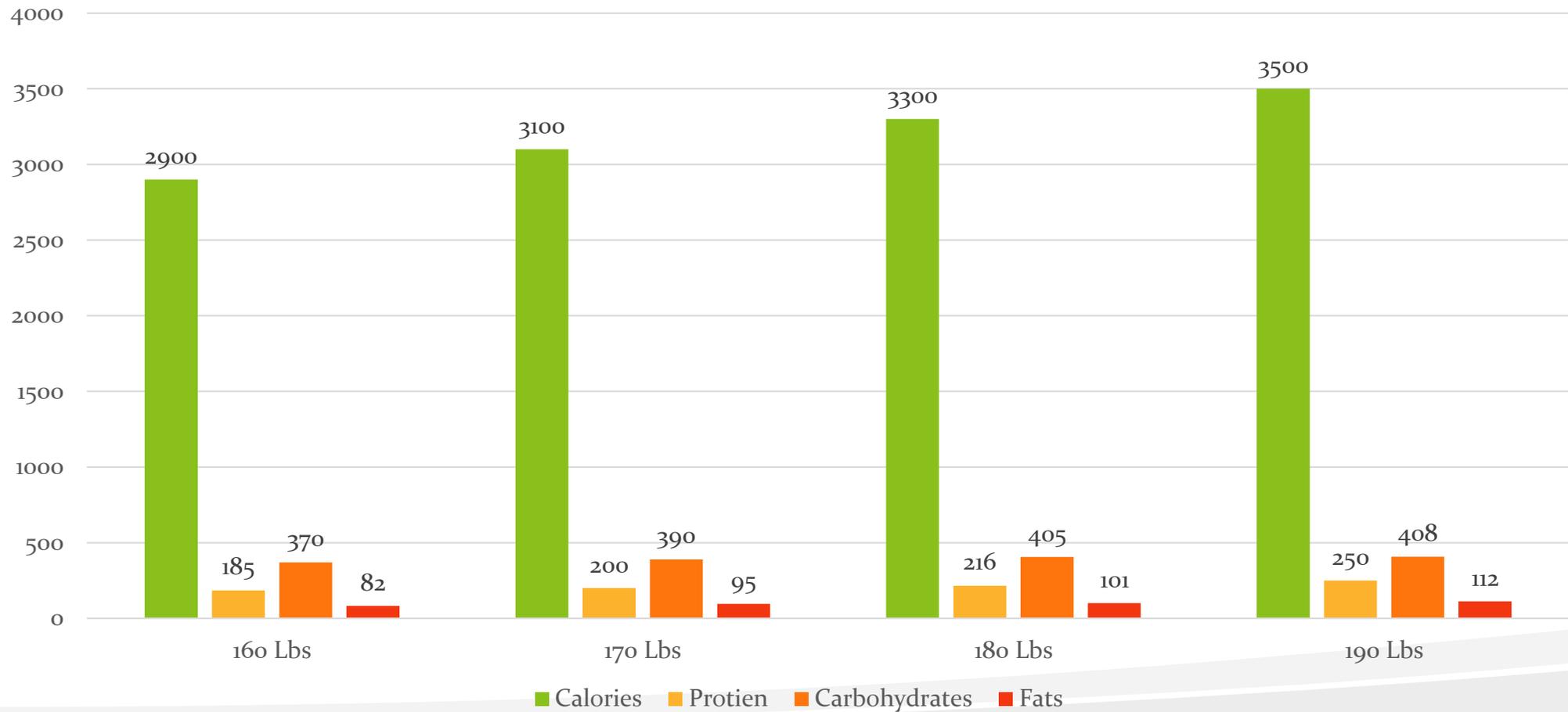
Macronutrient

- Macronutrients are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein and carbohydrate.
- Green Apple: 65 calories, 2% protein, 95% carbs, 3% fat

Micronutrient

- Micronutrients are mostly vitamins and minerals, and are equally important but consumed in very small amounts.
- Green Apple: rich in iron, manganese, potassium, copper, zinc, and other minerals

Macronutrients required to maintain weight for an average 8-hour workday





Calorie Calculator

160 Lbs

Type of Activity	MET	Calories Burned
Milking by machine, light effort	1.3	794
Light effort (e.g. cleaning animal sheds, preparing animal feed)	2	1222
Driving tasks (e.g. driving tractor or harvester)	2.8	1711
Milking by hand, cleaning pails, moderate effort	3.5	2138
Feeding small animals	3.5	2138
Rice, planting, grain milling	3.8	2322
Feeding cattle, horses	4.3	2627
Hauling water for animals, general hauling water	4.3	2627
Taking care of animals (e.g. grooming, brushing, sheering)	4.5	2749
Moderate effort (e.g. feeding animals, spreading manure, harvesting crops)	4.8	2932
Vigorous effort (e.g. bailing hay, cleaning barn)	7.8	4765

170 Lbs

Type of Activity	MET	Calories Burned
Milking by machine, light effort	1.3	844
Light effort (e.g. cleaning animal sheds, preparing animal feed)	2	1298
Driving tasks (e.g. driving tractor or harvester)	2.8	1817
Milking by hand, cleaning pails, moderate effort	3.5	2272
Feeding small animals	3.5	2272
Rice, planting, grain milling	3.8	2466
Feeding cattle, horses	4.3	2791
Hauling water for animals, general hauling water	4.3	2791
Taking care of animals (e.g. grooming, brushing, sheering)	4.5	2921
Moderate effort (e.g. feeding animals, spreading manure, harvesting crops)	4.8	3116
Vigorous effort (e.g. bailing hay, cleaning barn)	7.8	5063

180 Lbs

Type of Activity	MET	Calories Burned
Milking by machine, light effort	1.3	893
Light effort (e.g. cleaning animal sheds, preparing animal feed)	2	1375
Driving tasks (e.g. driving tractor or harvester)	2.8	1924
Milking by hand, cleaning pails, moderate effort	3.5	2406
Feeding small animals	3.5	2406
Rice, planting, grain milling	3.8	2612
Feeding cattle, horses	4.3	2955
Hauling water for animals, general hauling water	4.3	2955
Taking care of animals (e.g. grooming, brushing, sheering)	4.5	3093
Moderate effort (e.g. feeding animals, spreading manure, harvesting crops)	4.8	3299
Vigorous effort (e.g. bailing hay, cleaning barn)	7.8	5361



Five to Stay Alive

Carbs	Protein	Fats	Vitamins & Minerals	Water
Provide Energy	Build & Repair Tissue	Provide Backup Energy	Maintain Optimal Health	Enables Vital Bodily Functions
<p>Carbohydrates are the body's main energy source and the brain's only source of fuel</p>	<p>Protein consists of amino acids that act as the body's main building blocks for tissues, such as muscle, skin, bone, and hair. Proteins also assist in many reactions in the body, including the production of enzymes (the catalysts that keep all body processes running smoothly), hormones, and antibodies</p>	<p>Our body uses fats for energy when carbohydrates aren't available. You also need fats as insulation, to help your body absorb fat-soluble vitamins, and to protect your organs.</p>	<p>You need vitamins and minerals for numerous physiological functions that help you survive. They're essential for normal growth and development, and each one plays a unique role in helping to maintain optimal health.</p>	<p>Water is the most important essential nutrient. It is involved in many of your body's vital functions, and it distributes other essential nutrients to your cells.</p>
<p>Whole grains and foods made from those grains, such as whole-wheat bread, bulgur, barley, oatmeal, brown rice, and cornmeal</p>	<p>Lean meats, poultry and seafood, beans and peas, nuts and seeds, eggs, and soy products</p>	<p>Fats come in both liquid and solid forms. The USDA notes that the best sources of healthful fats are the liquid monounsaturated and polyunsaturated fats found in olive oil, canola oil, sunflower oil, soybean oil, corn oil, nuts, seeds, and avocados, as well as fatty fish rich in omega-3 fatty acids</p>	<p>Vitamins and minerals come from a variety of foods, including fruits and vegetables, dairy products, and lean protein sources</p>	<p>The Institute of Medicine recommends that men consume about 125 ounces of water a day and women 91 ounces per day. About 20 percent can come from foods, and the remaining 80 percent should come from drinking water — about 12 cups a day for men and 8.8 cups for women.</p>

Essential Vitamins & Minerals

Vitamins and minerals are essential for bodily functions such as helping to fight infection, wound healing, making our bones strong and regulating hormones. Vitamins and minerals can cause toxicity if consumed in large amounts.

ResearchGate

Mineral	Some Important Functions	Food Sources
Boron Unknown	Important in bone retention.	Fruits, leafy vegetables, nuts, legumes, beans.
Calcium 1,000 - 1,300 mg.	Essential for growth and structural integrity of bones and teeth; nerve conduction; muscle contraction and relaxation.	Yogurt, milk, cheese, tofu, fortified juices, green leafy vegetables.
Chromium¹ 50 - 200 µg.	Participates in CHO and fat metabolism; muscle function; increases effectiveness of insulin.	Whole grains, cheese, yeast.
Copper¹ 1.5 - 3 mg.	Essential for red blood cell production, pigmentation, and bone health.	Nuts, liver, lobster, cereals, legumes, dried fruit.
Iron² 10 -15 mg.	Essential for the production of hemoglobin in red blood cells and myoglobin in skeletal muscle, and enzymes that participate in metabolism.	Liver, clams, oatmeal, farina, fortified cereals, soybeans, apricot, green leafy vegetables.
Magnesium 280 - 350 mg.	Essential for nerve impulse conduction; muscle contraction and relaxation; enzyme activation.	Whole grains, artichoke, beans, green leafy vegetables, fish, nuts, fruit.
Manganese¹ 2 - 5 mg.	Essential for formation and integrity of connective tissue and bone, sex hormone production, and cell function.	Nuts, legumes, whole grains.
Phosphorous 800 - 1,200 mg.	Essential for metabolism and bone development. Involved in most biochemical reactions in the body.	Fish, milk, meats, poultry, legumes, nuts.
Potassium³ 2,000 mg.	Essential for nerve impulse conduction, fluid balance, and for normal heart function.	Squash, potatoes, beans, fresh fruits (bananas, oranges) and vegetables (tomatoes).
Selenium 55 - 70 µg.	Antioxidant, works with vitamin E to reduce oxidation damage to tissues.	Meats, seafood, cereals.
Sodium⁴ 500 - 2,400 mg.	Essential for nerve impulse conduction, muscle contraction, fluid balance, and acid-	Table salt, canned and processed foods.

Essential Vitamins & Minerals

What are the 6 functions of vitamins?

Vitamins

- boosting the immune system.
- helping prevent or delay certain cancers, such as prostate cancer.
- strengthening teeth and bones.
- aiding calcium absorption.
- maintaining healthy skin.
- helping the body metabolize proteins and carbs.
- supporting healthy blood.
- aiding brain and nervous system functioning.

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Nutrient	Function	Food sources
Vitamin A	Strengthens our immunity which helps us fight off infections Improves vision in dim light Keeps the skin and the linings of some parts of the body, such as the nose, healthy	Dark green leafy vegetables such as spinach, broccoli and carrots. But also: pumpkin, liver, fish, kidney and dairy produce such as yoghurt, eggs, fortified margarine
Vitamin D	Helps the body absorb calcium Keeps bones and teeth healthy	Sun light, fish liver oils, milk, fortified margarine, eggs, liver
Vitamin E	Helps maintain cell structure by protecting cell membranes	Soya, groundnuts, fortified margarine or oil, wholegrain cereals, eggs, peanut butter, tomatoes
Vitamin K	Helps with blood clotting	Vegetables such as spinach, lettuce, cauliflower, and cabbage, broccoli, fish, liver, meat, eggs
B-group Vitamins	Help the body release energy from food Keep the skin, eyes and the nervous system healthy	Millet, sorghum, beans, peas, eggs, liver, meat, milk, fresh fruit, green leafy vegetables, wholegrain cereals
Vitamin C	Helps with wound healing Strengthens our immunity which helps us fight off infections	Citrus fruits such as oranges, lemons and tangerines, red and green peppers, tomatoes, broccoli, potatoes
Folic acid	Helps form healthy red blood cells Helps reduce the risk of central nervous system defects such as spina bifida in unborn babies	Leafy green vegetables such as spinach, broccoli, and lettuce, liver, beans, peas, fruits such as oranges, bananas, avocados and melons
Iron	Helps make red blood cells, which carry oxygen around the body	Liver, meat, offal, beans, millet, sorghum, ground nuts, eggs, most dark green leafy vegetables such as amaranthus and parsley
Calcium	Helps build strong bones and teeth Helps muscles and nerves function normally Helps to ensure blood clots normally	Milk, cheese and other dairy foods, green leafy vegetables, such as cabbage and okra



Sierra Cascade Nursery's Employer-Provided Meal Obligation Under the H-2A Regulations

Employer-Provided Meals

- Employers that elect to provide meals must do so in a timely and sanitary fashion.
- Employers choosing to provide meals must ensure that meals are calorically and nutritionally adequate. The United States Department of Agriculture (USDA), National Institutes of Health, and other credible sources of nutrition and caloric intake guidelines may be consulted to meet this requirement.
- Additionally, employers must ensure safe storage and handling of all the meals they provide to workers.
- Providing workers with cash or stipends to buy their own meals is not sufficient to meet an employer's meal obligations. Employers that elect not to provide free and convenient kitchen and cooking facilities **must** provide workers with actual meals.



USDA My Plate

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start *simple* with **MyPlate**

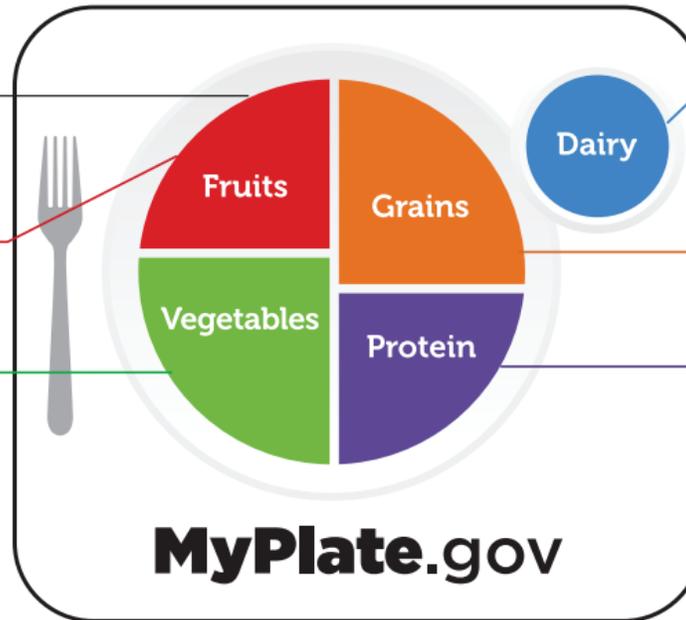
Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

Activity Being active can help you prevent disease and manage your weight.

DGA Dietary Guidelines for Americans

FNS-921
January 2022

USDA is an equal opportunity provider, employer, and lender.

 Fruits	 Vegetables	 Grains	 Protein	 Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1% or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

2 cups	2½ cups	6 ounces	5½ ounces	3 cups
<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice 	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower 	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits 	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg 	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir



Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

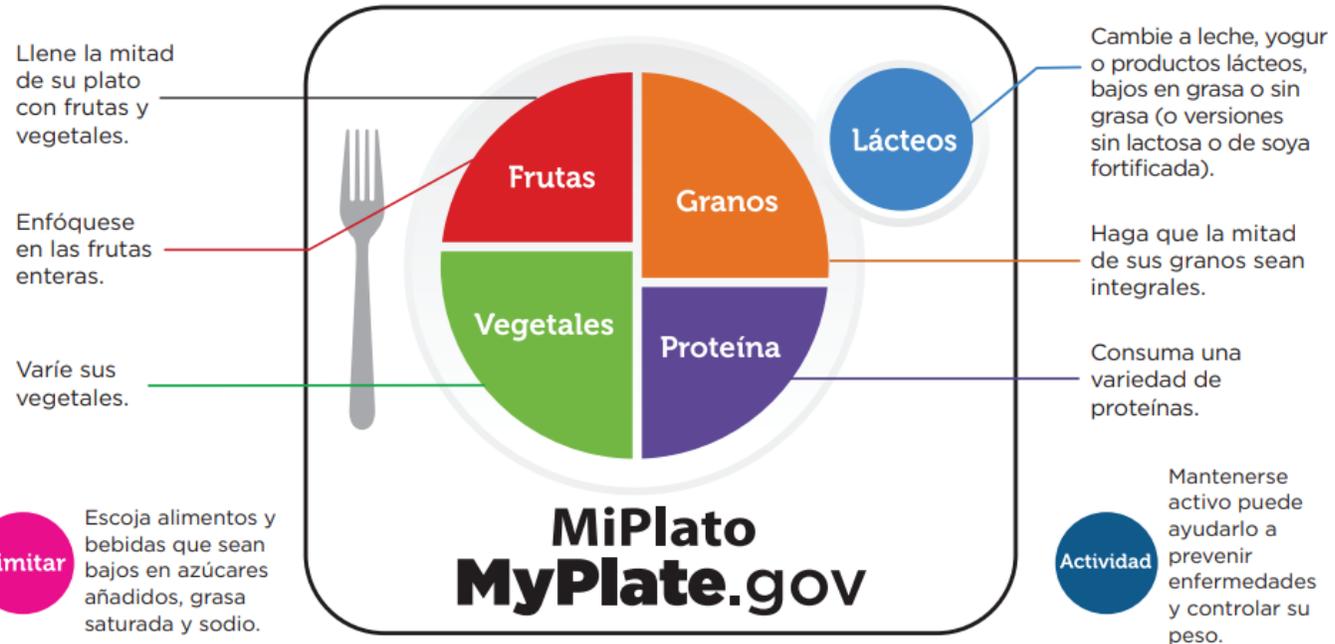
Kids ≥ 60 min/day Adults ≥ 150 min/week

USDA My Plate

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Comience de una forma sencilla con MiPlato

Una alimentación saludable es importante en todas las etapas de la vida, con beneficios que se acumulan con el tiempo, bocado a bocado. Los cambios pequeños son importantes.



DGA Dietary Guidelines for Americans

FNS-921S
Enero 2022
USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

Frutas	Vegetales	Granos	Proteína	Lácteos
<p>Enfóquese las frutas enteras, como las frescas, congeladas, enlatadas o deshidratadas.</p> <p>Compre frutas para tenerlas disponibles para agregar a su comida o comerlas como un merienda. Si compra jugo, elija jugo de fruta 100% natural.</p>	<p>Coma una variedad de vegetales y agréguelos a platos combinados como guisos, sándwiches y wraps.</p> <p>Frescos, congelados, y enlatados, todos los vegetales cuentan. Busque "reducido en sodio" o "sin sal agregada" en la etiqueta.</p>	<p>Elija las versiones integrales de comidas habituales como pan, pasta y tortillas.</p> <p>¿No está seguro si es integral? Consulte la lista de ingredientes para ver si aparecen las palabras "integral" o "cereal integral".</p>	<p>Coma una variedad de alimentos ricos en proteínas, como frijoles, soya, mariscos, carnes magras y de aves, y nueces y semillas sin sal.</p> <p>Coma mariscos dos veces por semana. Elija cortes de carne magra y carne picada que sea al menos 93% magra.</p>	<p>Elija lácteos bajos en grasas (1%) o sin grasas (descremados). Obtenga la misma cantidad de calcio y otros nutrientes que la leche entera, pero con menos grasas saturadas y calorías.</p> <p>¿Es intolerante a la lactosa? Pruebe la leche sin lactosa o una bebida de soya fortificada.</p>
<p>Objetivos diarios para cada grupo de alimentos — según un plan de 2,000 calorías</p> <p>Visite MyPlate.gov/MyPlatePlan para obtener un plan personalizado.</p>				
<p>2 tazas</p> <p><i>1 taza cuenta como</i></p> <ul style="list-style-type: none"> 1 manzana pequeña 1 banana grande 1 taza de uvas 1 taza de mango en rodajas ½ taza de pasas de uva 1 taza de jugo de fruta 100% natural 	<p>2½ tazas</p> <p><i>1 taza cuenta como</i></p> <ul style="list-style-type: none"> 2 tazas de espinaca cruda 1 taza de hojas cocidas de berza, col rizada o nabo 1 aguacate pequeño 1 camote grande 1 taza de frijoles, guisantes o lentejas cocidos 1 taza de coliflor cortada 	<p>6 onzas</p> <p><i>1 onza cuenta como</i></p> <ul style="list-style-type: none"> 1 rebanada de pan ½ taza de avena cocida 1 tortilla pequeña ½ taza de arroz integral cocido ½ taza de cuscús cocido ½ taza de sémola cocida 	<p>5½ onzas</p> <p><i>1 onza cuenta como</i></p> <ul style="list-style-type: none"> 1 onza de carne magra de pollo, cerdo o ternera cocida 1 onza de atún ¼ taza de frijoles, guisantes o lentejas cocidos 1 cucharada de mantequilla de maní 2 cucharadas de hummus 1 huevo 	<p>3 tazas</p> <p><i>1 taza cuenta como</i></p> <ul style="list-style-type: none"> 1 taza de leche o yogur 1 taza de leche o yogur sin lactosa 1 taza de leche de soya o yogur fortificados 1½ onzas de queso duro 1 taza de kéfir



Limitar

Escoja alimentos y bebidas que sean bajos en azúcares añadidos, grasa saturada y sodio.

Limitar:

- Azúcares agregados a <50 gramos por día.
- Grasas saturadas a <22 gramos por día.
- Sodio a <2,300 miligramos por día.



Actividad

¡No olvide la actividad física!

Mantenerse activo puede ayudarlo a prevenir enfermedades y controlar su peso.

Niños ≥ 60 minutos por día.

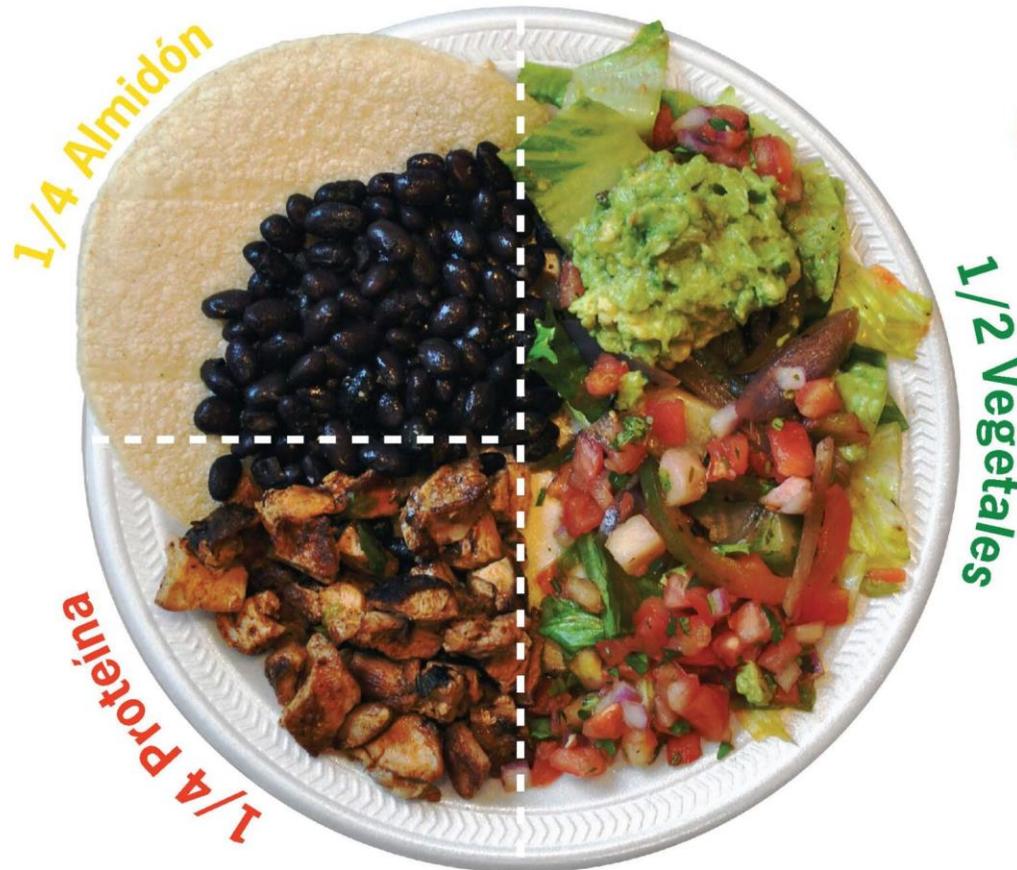
Adultos ≥ 150 minutos por semana.

What it looks like.....

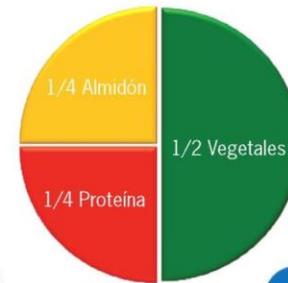


El agua es la mejor bebida para usted.

Mi Plato Saludable



Planee las porciones en su plato



Fruta o producto lácteo

Pregúntale a su nutricionista si usted debe comer fruta o lácteos en sus comidas.



Serving Size

AL PENSAR EN LAS PORCIONES DE COMIDAS UTILICE

ESTA GUÍA práctica

PARA AYUDARLE:

- 3 puntas del dedo pulgar = 1 cucharada de crema de cacahuete o hummus
- 1 mano ahuecada = 1/2 taza de vegetales, 1/2 taza de pasta cocinada, 1/2 taza de fruta
- 2 manos ahuecadas = 1 taza de cereal, 1 taza de verduras de hoja verde
- Una palma de la mano = 3 oz. de carne
- Longitud + grosura del pulgar = 1 oz. de queso

Porciones Prácticas

- 1 cucharada (15g) de crema de cacahuete
- 1/2 taza (115 g) de frijoles cocidos = 1 mano ahuecada
- 1 oz. (28g) almendras (como 25 almendras) = 1 mano ahuecada
- 1/2 taza (75g) tomates cherry = 1 mano ahuecada
- 1 oz. (28g) queso = mismo tamaño que lo largo/ancho de su pulgar
- 1 taza (47g) lechuga = 2 manos ahuecadas
- 1/2 taza (100g) zanahorias baby crudas (como 10) = 1 mano ahuecada
- 1 taza (28g) cereal de desayuno = 2 manos ahuecadas
- 1 cuclat de fruta individual en 100% jugo (1/2 taza/118g) = 1 mano
- 3 oz. (85g) pechuga de pollo a la parrilla = tamaño de la palma de la mano

FIST
Equals 1 cup
Rice - Fruits - Vegetables

FINGERTIP
Equals 1 teaspoon
Butter - Mayonaise

Cupped HAND
Equals 1 oz
Nuts - Dried fruit

PALM
Equals 3 oz
Beef - Chicken - Fish

INDEX FINGER
Equals 1 oz
Hard cheese

THUMB
Equals 2 tablespoons
Peanut butter - Dairy

200 calories

35 calories

163 calories

125 calories

190 calories

1/2 cup for rice/pasta

1 cup for cooked vegetables

Created by Kate Privitt



Serving Portions

Protein = 3 oz = .1875 lb = 85.05 g (1 lb. of meat = 16 oz, more than 5 servings)

Carbohydrate = 15 g

Vegetable = 4 oz - 6 oz

Fruit = 4 oz - 6 oz

When serving single protein portions, such as a steak or pork chop, the serving would be larger.

When protein is added with other ingredients, such as soups or fajitas, the serving is adjusted to include all ingredients.



Questions?

