Nutrition: What's on your plate?

Nutrition is important for everyone because food gives our bodies the nutrients they need to stay healthy, grow, and work properly. Foods are made up of six classes of nutrients, each with its own special role in the body:

- **Protein** builds muscles & a strong immune system.
- **Carbohydrates** (including starches & sugars*) give you energy.
- **Fat** gives you extra energy.
- **Vitamins** regulate body processes/healthy body function.
- **Minerals** regulate body processes and also make up body tissues.
- **Water** gives cells shape & acts as a medium where body processes can occur.

Having good nutrition means eating the right types of foods in the right amounts so you get these important nutrients.

- **Check out this site for helpful tips on how to use the NEW food pyramid/aka My Plate!!** (It sort of looks like the Wellness Wheel!)

**Portion Distortion**

With supersized everything today, it is easy to lose sight of what a real portion size is. This guide will help you to better see what a real serving size of your favorite foods looks like compared to some common household items.

- Pancake = CD or DVD
- Cheese = Domino
- Orange = Tennis ball
- Pasta = Computer mouse
- Broccoli = Light bulb
- Red Meat = Deck of cards
- Fish = Checkbook
- Cookie = Yo-yo

Apples help speed up your metabolism and give you energy. So instead of reaching for a midday coffee, try an apple first!

Bananas are a great source for potassium and vitamin K. Potassium and water can help cure muscle spasms, or Charlie Horses and help regulate blood.

“Nutty for nutrition. I’ve become one of those people who can’t stop talking about the connection between food and health. Now that I know how much changing what you eat can transform your life, I can’t stop proselytizing.”

- Robin Quivers

**Chug More... WATER**

Water is the best thing on earth! Did you know that drinking water:

- Helps clear up acne and helps your skin look fresh.
- Helps relieve headaches (and hangovers) caused by dehydration.
- Helps promote the proper function of all the organs in your body.
- Helps regulate and boost your metabolism.
- Helps to regulate your body temperature.
- Can help you control hunger - a lot of the times when you think you’re hungry, you may just really be thirsty!

**Dehydration** is no fun for anyone! Know the signs and when you start feeling them grab some water and drink up!

- **Dry mouth**
- **Weakness**
- **Dizziness and/or fainting**
- **Heart palpitations**
- **Confusion**
- **Sluggishness**

Check how dehydrated you are by the color of your pee:

- **Dark** = Dehydrated. **Pale**= Keep up the good work.

**BUT BEWARE:** When drinking alcohol, your urine gets clear because of the amount of liquid in your body, not because of your good hydration level. In the morning, it will be dark yellow again and you will have a dehydration headache.

http://www.mayoclinic.com/health/dehydration/D500561/DSECTION=symptoms

Stall Talk is brought to you by Beu Health Center Graduate Assistant Liz Andrews and Students T.A.L.K. peer educators. For more information, call 298-3225. For more health info, visit beu.wiu.edu. For adaptive format see the Disability Resource Center.