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You Need Good Nutrition

Cooperative Extension South Dakota State University

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COOPERATIVE EXTENSION SERVICE

SOUTH DAKOTA STATE UNIVERSITY

U. S. DEPARTMENT OF AGRICULTURE



**you
need
good**

nutrition

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Enjoy Life with Good Nutrition

Do you enjoy life? Good nutrition can help you reach this goal for which everyone strives.

Food is one of the most urgent needs of your life. It is the single most important influence on your life-long health. The food you eat daily literally becomes a part of you. Therefore

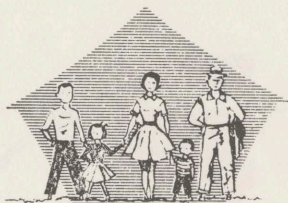
YOU ARE WHAT YOU EAT

- Since your life began, all your growth has come from your food
- Your vigor, pep and personality are influenced by your food choices
- Food even affects your attitudes and emotional reactions
- You become a better looking person if you practice good food habits
- *Lack of wholesome food can make you irritable, unhappy, weak and sick*

You as a homemaker control to a large extent what is served at mealtime in your home. The whole family depends upon you to make these meals, as well as numerous snacks, nutritious and tasty. Planning, preparing and serving family food makes you a scientist as far as your family's health and well being are concerned.

NEED HELP?

These facts will help you protect your family's health. Practicing good nutrition is easy if you understand your family's food needs and know what makes a good meal plan.



WHAT IS GOOD NUTRITION?

NUTRITION is the science of feeding the body to get and keep good health. It's the vital process of changing food you eat into parts of your body. Good health is built up through a lifetime, not achieved by a magic process all at once. For this reason it is very important that each person practice good nutrition every day.

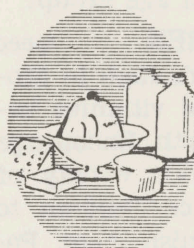
Eating the right foods does more than just keep you alive and going. You will have extra dividends of best health and vitality. You will stay young longer and enjoy life more fully.

HERE IS A DAILY FOOD GUIDE

How can you select nutrient-rich foods which will give you a balanced diet? Use the **DAILY FOOD GUIDE**, designed by nutrition experts to help you choose wisely. Get one or more servings from each food group in every meal you eat. Select snack foods which fit into the food groups, too.

MILK and MILK PRODUCTS

Children—3 to 4 glasses
 Teenagers—4 or more glasses
 Adults—2 or more glasses
 These foods contain calcium, protein, riboflavin, vitamin A and many other nutrients.



MEAT, POULTRY, FISH, EGGS

2 or more servings every day
 These foods contain protein, iron, thiamine, niacin, riboflavin and other nutrients.



VEGETABLES and FRUITS

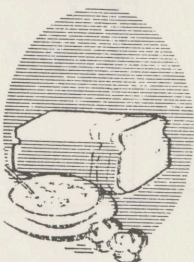
4 or more servings
 1 green or yellow vegetable
 1 citrus fruit or tomatoes
 2 other vegetables and fruits

These foods contain many minerals and vitamins — most of our vitamin C, and over half of our A.



BREADS and CEREALS

4 or more servings every day
 These foods contain B vitamins, iron, carbohydrates and protein.



FUNCTIONS OF FOOD

We need about 50 different food nutrients, which are found in a variety of easily available foods. Six main classes of nutrients are fats, proteins, carbohydrates, vitamins, minerals and water. Your body uses nutrient-rich foods . . .

- to build and maintain a strong, healthy body throughout life
- to give abundant energy, resistance to disease and ability to quickly recover from accidents and diseases
- to ensure best functioning of all body processes—physical, mental and emotional

FOOD FAMILY MEMBERS NEED

Habit determines what and how much we eat, thus whether our state of nutrition is good, fair or poor. Good food habits mean we will eat kinds and amounts of food that science shows we need for good health. Responsible parents provide a home environment which helps children form good habits early in life. Good food habits meet special needs of each age group:

YOUNG CHILDREN . . . need to learn to like foods high in proteins, minerals and vitamins because of rapid growth. Encourage them to like a wide variety of foods. Do not force children to

eat nor use food to reward or punish them. Parents, set good examples of eating habits.

TEENAGERS . . . need more protein, calcium and most all nutrients than at any other time during life, due to fast growth. Energy needs are high, too. Early

marriages make nutrition doubly important for teenage girls.

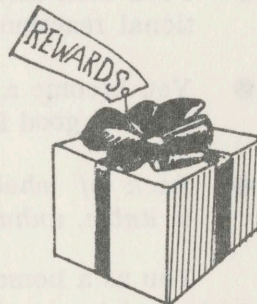
ADULTS . . . need definite amounts of proteins, carbohydrates, fats, minerals and vitamins to rebuild and maintain body tissues, carry on body processes and

give energy. Practice intelligent weight control and safeguard your health through good eating habits. **Do not follow food fads.**

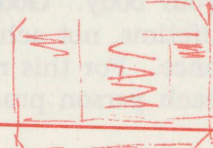
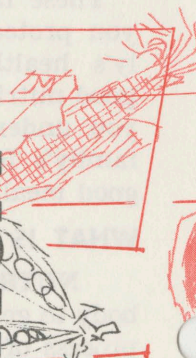
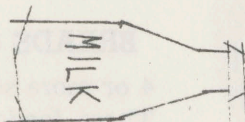
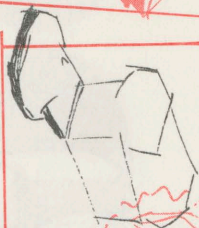
OLDER PEOPLE . . . need the same nutrients as any other age. However, they are less active and need fewer calories. Tasty, easy-to-eat, nutritious foods are important due to teeth and digestive problems. They must have milk, vegetables, citrus fruit and high protein foods.

GOOD NUTRITION IS IMPORTANT TO YOU BECAUSE YOU CAN . . .

- grow and develop a strong healthy body
- have vigor, pep and stamina for good long life
- have correct weight for better efficiency and health
- have good appearance and personality for a better adjusted life
- have better attitudes and emotional reactions for a full, happy personal and family life



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