



**G A I L MOVEMENT**

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**GUIDE TO UNDERSTANDING TERMS**

## **SUGAR**

**Are carbohydrates. Dietary carbohydrates also include complex carbohydrates starch and fiber. During digestion all carbohydrates except fiber breaks down into sugars. Sugars and starches occur naturally in many foods. The body *can not* tell the difference between naturally occurring sugar and added sugar because they are identical chemically.**





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## **NUTRIENTS**

Are substances that play a role in health, mostly are in foods. Found in vitamins, minerals, fats, proteins, and carbohydrates are included.

- ⇒ **ADULT** : calcium, potassium, fiber, magnesium, and Vitamins A, C, E
- ⇒ **CHILDREN/ADOLESCANT** : calcium, potassium, fiber, magnesium, and Vitamin E
- ⇒ **Special Population** : Vitamin B12, iron, folic acid, Vitamins E, D





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## **FATS**

- ◇ **SATURATED** - The type of fat that is solid at room temperature, and the type to increase heart risk.
- ◇ **TRANS** - Found in food products made with liquid oil that is processed to become hard. Most common found in America when consuming cakes, cookies, crackers, pies, fried potatoes, margarine, and household shortenings.





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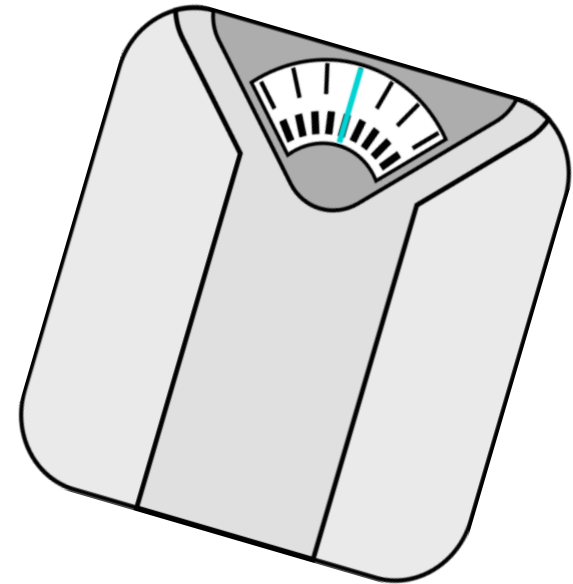
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# **MEASURE BODY WEIGHT USING BODY MASS INDEX (BMI)**

**A person's weight in kilograms**

**Divided by the square of height in meters.**





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## **CALORIE**

**A unit of energy supplied by food and beverages.**

**This is not a unit of energy from the sun.**





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## **SALT**

**Sodium or Sodium chloride occurs naturally in foods, usually in small amounts. In the body, sodium plays an essential role in regulation of fluids and blood pressure.**





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## **VITAMINS**

**The brighter color, the higher the content of vitamins and minerals.**

- ⇒ **Vegetables are the best source of Vitamin A, C, folate and potassium.**
- ⇒ **Vitamin C can be found in citrus fruits and juices, kiwi fruit, strawberries, cantaloupe, broccoli, peppers, tomatoes, cabbage, potatoes.**
- ⇒ **Vitamin D is unequivocally essential for skeletal health, and obtained from the diet by consuming fluid milk and some milk products, along with exposure to sunlight.**
- ⇒ **Calcium plays a major role in skeletal health, and is essential for proper functioning of the circulatory system, nerve transmission, muscle contractility, cell signaling pathways, and vascular integrity.**
- ⇒ **Potassium plays a critical role in muscle function, cardiac function, and regulation of blood pressure.**
- ⇒ **Fiber is a non digestible carbohydrates, primarily from plant food such as whole grains, legumes, fruits, and vegetables.**
- ⇒ **Iron is an essential mineral whose primary function is to transport oxygen in the blood.**