

What is Nutrition?

Nutrition is **energy** that our body uses to allow for **growth, development, and maintenance**. Proper nutrition is important in order to keep **all** humans healthy across their lifespan-regardless of race, gender, ethnicity, age, or cultural

Nutrients

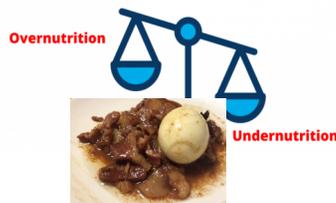
Macronutrients: Nutrients that contain energy in the form of kilocalories.

- ◆ Carbohydrates (4kcal/g)
- ◆ Protein (4kcal/g)
- ◆ Fat (9kcal/g)
- ◆ Water (0kcal/g)

Micronutrients: Nutrient that the body needs in smaller amounts.

- ◆ Vitamins
- ◆ Minerals

Overnutrition: Overconsumption of food.
Undernutrition: Insufficient intake of energy and nutrients.



Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345626/>

<https://www.who.int/health-topics/nutrition>

Functions of Nutrients

- ◆ **Provide energy** (carbohydrates and fats)
- ◆ **Build and repair tissues** (protein)
- ◆ **Regulate metabolic processes** (vitamins, minerals, and water)

Types of Nutrients in Foods

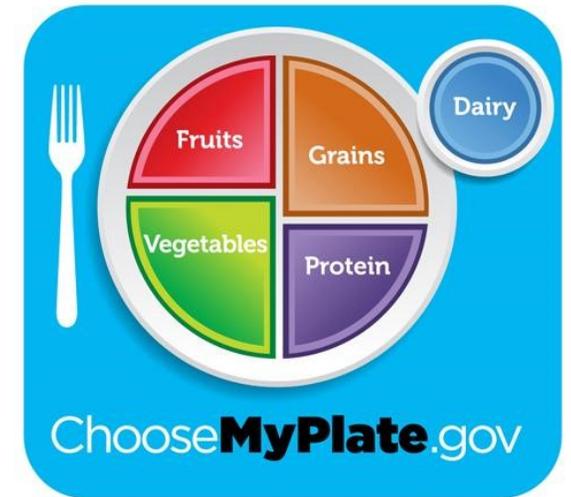
Promotors: “Bad” nutrients that can cause disease and inflammation in the body when consumed in excess amount.



Anti-promotors: “Good” nutrients that help in preventing disease by decreasing inflammation in the body, which reduces the risk of chronic diseases.



MyPlate



- ◆ The five food groups are **fruits, vegetables, grains, protein, and dairy**.
- ◆ A nutritious diet includes **balance, variety, and moderation**.

Global Nutrition Concerns

- ◆ Shift from **whole** to **refined**.
- ◆ Shift from **complex** to **simple**.
- ◆ Shift from **quality** to **quantity**.



Source:

<https://www.usda.gov/media/blog/2017/09/26/back-basics-all-about-myplate-food-groups>

Recommendations

- ◆ **Limit** foods and beverages high in sugar, fat, and sodium.
- ◆ **Enjoy nutrient-dense foods** that reflect cultural traditions.
- ◆ **Eat breakfast** everyday to avoid overeating later in the day.
- ◆ Consume a diet with lots of **fruits, vegetables, and whole grains** to reduce risk of chronic diseases.

Interesting Facts

- ◆ Fewer than **1 in 10** children and adults eat recommended daily amounts of vegetables.



- ◆ Only **4 in 10** children and fewer than **1 in 7** adults eat enough fruit.



Sources: <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>

Resources

Milwaukee Consortium for Hmong Health Inc.

Www.MkeHmongHealth.com

Office: 414-212-8087

Address: 1802 West Walnut Street
Milwaukee, WI 53205

Email: MkeHmongHealth@gmail.com

- ◆ <https://www.myplate.gov/>
- ◆ <https://www.dietaryguidelines.gov/>



MILWAUKEE CONSORTIUM
FOR HMONG HEALTH, INC.

Questions or comments,
feel free to contact us.
Our **Community Health
Workers** are glad to help
you find resources in the
community!

Picture Sources

<https://www.tasteofhome.com/article/how-is-sugar-made/>

<https://www.nature.com/articles/s41581-020-0285-6>

<http://tidbits.wanderingspoon.com/2006/>

<https://www.mprnews.org/story/2019/07/25/vegetable-boxes-hmong-farmers-healtheast-health>

<https://www.livescience.com/50461-brown-rice-health-benefits-nutrition-facts.html>

<https://www.bbcgoodfood.com/howto/guide/health-benefits-nuts>

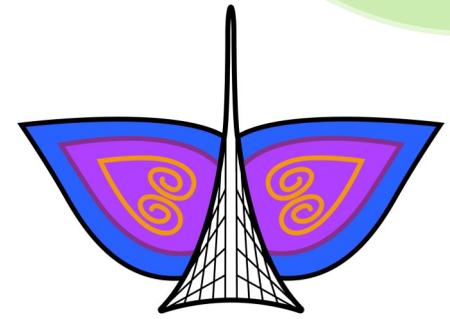
<https://thrivecuisine.com/grocery-store-guide/where-to-find-mung-beans-in-the-grocery-store/>

<https://www.zojirushi.com/blog/?p=1676>

<https://www.pinterest.com/pin/264727284322516941/>

<http://www.marga.org/foodblog/tag/hmong/>

<https://happley.fit/double-burden-of-malnutrition-rising-concern-in-indian-school-children/>



MILWAUKEE CONSORTIUM
FOR HMONG HEALTH, INC.

Nutrition



What It Is and How It Affects You

