

Troop 5 Meeting Skill

Nutrition

Macro- and Micronutrients

Macronutrients consist of fats, carbohydrates, and proteins. These three are the most used nutrients in the body for cell repair and production of energy.



Micronutrients consist of vitamins and minerals. They are used for very specific things and there are many different vitamins and minerals.



Food Groups

The five major food groups are fruits, grains, vegetables, protein, and dairy. Eating proper servings of each food group each day will fuel your body properly and ensure that you get all of the necessary macronutrients and micronutrients.



Recommended Amounts

Every single day, you need a certain amount of the nutrients listed in the previous slides. The daily recommendations for each food group are as follows:

- About 4 grams of carbs per pound of weight.
- About .4 grams protein for each pound of weight.
- About .3 grams of fat per pound of weight.
- About 3 cups of dairy a day.
- About 4 cups of veggies.
- About 2 to 3 cups of fruit.

These amounts change depending on what you do on a day to day basis but these are recommendations for most people.

Why should I eat healthy?

Eating healthy is the easiest way to feel your best. It maximises your growth, makes you smarter, and improves performance in sports. It is a good idea all around.



What To Avoid

There are certain substances in food that worsen your health. These include but are not limited to:

- Saturated fat.
- Excess sugar.
- High fructose corn syrup.
- Artificial or synthetic sweeteners, coloring, and flavors.
- Preservatives.
- Monosodium glutamate (MSG)

These are common in highly processed food and fast food, which are also things you should avoid if possible.

Fast Food

Fast food contains lots of preservatives, trans fats, saturated fats, and lots of other chemicals that are detrimental in the long run.

Diabetes, obesity, and high blood pressure can all come from excess fast food consumption. The amount of calories in many menu items is overinflated that only accelerates this issues.



Dieting

Dieting is a whole other topic that has many intricacies. There are specialized diets like keto or paleo but these are not recommended for children due to their nature. Most diets function through a calorie deficit. A calorie deficit means consuming less calories than what is needed to maintain your weight. This is a simple way to lose weight although it is dangerous if done drastically.

Questions.
