

Your Diet : Notes/W.S.-120

When deciding what to eat, you should be sure to get the required amounts of each of the nutrients. But you should also be careful not to eat too much of any of the nutrients. It is common today for children to get too much energy (Calories). This should be avoided, as excess Calories are converted into fat.

In 1990, the Canadian government recommended the following daily nutrient intakes for 14 year old children.

Sex	Energy	Pro	Fat	Ca	A	B ₁	C
M	2800	52	90	1200	5000	1.4	30.
F	2200	43	80	800	4000	1.1	30.

The units are; Calories for energy, grams (g) for protein and fat, and milligrams (mg) for calcium, and vitamins B₁, and C. The units for vitamin A are International Units (I.U.'s).

Notes: The figures above are for "light" activity. Energetic children may require many more Calories of energy. Other vitamins and minerals are not mentioned because they are generally supplied in adequate amounts. Vitamin D is present in fortified milk. If milk is not a part of the diet, adequate vitamin D is usually obtained from sunlight. The other B vitamins are not mentioned here, as they are usually present in adequate amounts, if there is enough of vitamin B₁ in the diet. Iodine is present in seafood. If seafood is not consumed, it can be obtained from "iodized" salt.

The following is a list of foods that may be eaten during the day. The energy and nutrient content is given.

Part 1

Food	Energy	Protein	Fat
whole wheat bread (slice)	56	2.4	0.7

jam (15 mL)	54	0.1	0.0
sugar (15 mL)	46	0.0	0.0
butter (15 mL)	101	0.1	11.5
oatmeal (cooked) 240 mL	145	6.0	2.4
milk 240 mL	150	8.0	8.2
soya milk 240 mL	75	7.7	3.4
pasta (cooked) 240 mL	197	7.0	1.0
pasta sauce (with meat) 120 mL	138	5.0	6.3
rice (cooked) 240 mL	264	6.0	1.0
ice cream 240 mL	269	4.8	14.3
cheese (28 g)	114	7.1	9.4
one egg	79	6.1	5.6
olive oil 15 mL	119	0.0	13.5
one banana	105	1.2	0.6
one apple	81	0.3	0.5
orange juice 240 mL	111	1.7	0.5
chicken (slice,	140	22	4.7

dark meat) 114 g				
roast beef (slice) 114g	330	18	28	
fish (cod, one serving) 114 g	89	20	0.8	
vegetable soup (240 mL)	72	2.1	1.9	
baked potato (large)	220	4.0	0.2	
cabbage (1 C)	32	1.6	0.0	
lettuce (1 C)	8	0.9	0.1	
one tomato	24	1.1	0.3	
carrots (1 C)	45	1.5	0.0	
hamburger (McDonald's)	257	12	10	
french fries (McDonald's)	220	3.0	12	

Part 2

Food	Calcium	A	B ₁	C
whole wheat bread (slice)	23	0	0.06	0.0
jam (15 mL)	4	0	0.0	0.0
sugar (15 mL)	0	0	0.0	0.0
butter (15 mL)	3	433	0.0	0.0

oatmeal (cooked) 240 mL	20	38	0.26	0.0
milk 240 mL	291	307	0.1	2.3
soya milk 240 mL	48	90	0.18	0.0
pasta (cooked) 240 mL	10	0	0.29	0.0
pasta sauce (with meat) 120 mL	23	590	0.13	0.7
rice (cooked) 240 mL	23	0	0.33	0.0
ice cream 240 mL	176	543	0.05	0.7
cheese (28 g)	204	300	0.01	0.0
one egg	28	260	0.04	0.0
olive oil 15 mL	0	0	0.0	0.0
one banana	7	92	0.05	10.3
one apple	10	74	0.02	7.8
orange juice 240 mL	27	496	0.22	124
chicken (slice, dark meat) 114 g	13	78	0.08	3.4
roast beef (slice) 114 g	11	55	0.08	0.0
fish (cod, one	11	0	0.07	2.3

serving) 114 g

vegetable soup (240 mL)	21	3000	0.05	1.4
baked potato (large)	14	0	0.15	31
cabbage (1 C)	50	88	0.09	36
lettuce (1 C)	20	1500	0.06	13.4
one tomato	8	1400	0.07	21.6
carrots (1 C)	50	15,000	0.08	9
hamburger (McDonald's)	122	105	0.28	2
french fries (McDonald's)	9	0	0.12	13

Notes: The pasta and rice are enriched. The lettuce is Romaine lettuce. The servings of chicken, beef and fish are 4 ounces (approximately 114 grams). The beef is from a lean roast (25% fat). The chicken has no skin. The baked potato includes the skin. The cabbage and carrots are cooked. Olive oil can be used as a salad dressing. Spices are not included as they are used in small amounts and generally have no calories or nutritive value. The sugar is cane sugar (sucrose).

Units: 1 C = 1 cup = 240 mL, 1 tablespoon = 15 mL, 1 ounce = 28 grams, 4 ounces = 114 grams.

Most of the numbers given above are from the Nutrition Almanac. The numbers have been confirmed using several other sources.

Questions:

Use the above information to answer the following questions.

- 1) Which food is the best source of vitamin A?
- 2) Which food contains Calories but no other nutrients?

- 3)a) Which food is the best source of vitamin C?
b) Give one other good source of vitamin C.
- 4) Which two foods are the best sources of vitamin B₁?
- 5) How many grams of protein are in 240 mL of milk?
- 6)a) Give the best source of calcium.
b) Which vegetable is the best source of calcium?
- 7) Give the three biggest sources of fats.
- 8) How many Calories are in a McDonald's hamburger?

Answers: 1) carrots, 2) sugar, 3)a) orange juice, b) cabbage, tomato, baked potato (with skin), 4) rice, pasta (both enriched), 5) 8.0, 6)a) milk, b) cabbage, carrots, 7) slice roast beef, ice cream, olive oil, 8) 257.