

Health & Wellness (Children) Week #3: Nutrition

Below is a list of the recommended nutrition intake for adolescents (9-13 years old):

Macronutrients:

Carbohydrates: 130g/day

Fiber: 26g/day

Protein: 34g/day

Vitamins:

	Vitamin A	Vitamin D	Vitamin E	Vitamin K	Vitamin C	Vitamin B ₁₂	Iron	Zinc
Males	600µg/day	600IU/day	11mg/day	60µg/day	45mg/day	1.8µg/day	8mg/day	8mg/day
Females	600µg/day	600IU/day	11mg/day	60µg/day	45mg/day	1.8µg/day	8mg/day	8mg/day

Why do we need carbohydrates? Carbohydrates provide the body with fuel and energy. There are two types of carbohydrates: simple and complex. Simple are the sugars like in milk and fruit and complex is the starches like in rice. Oatmeal is a great example of a complex carbohydrate because it has lots of fiber which makes you feel full. When you eat carbohydrates, your body breaks them down into simple sugars so the bloodstream can absorb them. When your sugar level rises, your pancreas releases insulin which is used to remove sugar from the blood into the cells where the sugar can be used as energy. So it is important to eat more complex carbohydrates because this process is slower which means you won't feel so hungry so fast and you will have the energy you need over a longer period of time.

Fiber is need to help us poop. This also helps us achieve a healthy weight and helps us to live longer.

How does protein help our bodies? Protein helps the body grow. It is found in almost all foods but good sources of protein include meats, fish, poultry, and eggs.

Vitamins and minerals preform hundreds of roles in our bodies. They help our bones, heal wounds, beef up our immune system, convert food into energy, and so much more. That's why its so important to eat a variety of foods. For example, good sources of vitamin D include salmon, mushrooms, and tuna. Remember, in Maine, we don't get the vitamin D we need from the sun from October until May. Good sources of potassium can be found in sweet potatoes, black beans, beets, yogurt, banana, cantaloupe, and avocados. Almonds, black eyed peas, edamame, peanut butter, pumpkin seeds, brown rice and spinach are great for getting in some magnesium. Iron foods include, chicken, eggs, dried apricots, white

beans, shrimp, and lentils. One last example is calcium. Larger quantities of calcium can be found in cheese, firm tofu, kale, and soy/cow milk.