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### *Self-Care*

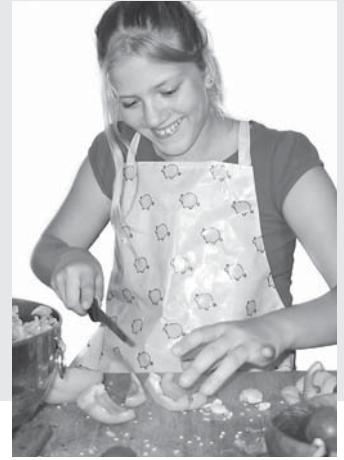
Self-care involves the effective management of personal health, hygiene and safety. Effective self-care is critical in preventing or complicating ongoing health problems. Substance abuse damages your body and your ability to manage important aspects of your life, including school, work and personal relationships.

# SELF-CARE

Self-care is a broad term used to define an individual's routines for managing personal health, hygiene and safety.

The practice of self-care includes such topics as:

- Food and nutrition
- Diet and exercise
- Meal planning and shopping
- Hygiene and grooming
- Sick and well care
- First aid
- Substance abuse
- Personal safety



## ***Nutrition Quiz***

Answer each nutrition question below. Write your answers to the questions in the space provided.

1. What are the basic food groups? \_\_\_\_\_  
\_\_\_\_\_
2. What percentage of your diet should come from carbohydrates? \_\_\_\_\_  
\_\_\_\_\_
3. How many servings of bread and cereal should you eat daily? \_\_\_\_\_  
\_\_\_\_\_
4. What percentage of your diet should come from fat? \_\_\_\_\_  
\_\_\_\_\_
5. What food sources provide protein? \_\_\_\_\_  
\_\_\_\_\_
7. How many servings of protein should you eat each day? \_\_\_\_\_  
\_\_\_\_\_
8. What do calories provide? \_\_\_\_\_  
\_\_\_\_\_
9. How are calories different? \_\_\_\_\_  
\_\_\_\_\_
10. How many glasses of liquid do you need to drink each day? \_\_\_\_\_

## *Healthy Eating*

The most important personal resource we have is our bodies. Healthy eating is essential to overall good health. Eating a balanced diet means consistently eating foods from all the important food groups, avoiding excess fats and sugar in our diet and other substances that are harmful to our bodies.



Why is healthy eating important? What happens when we do not eat healthy? What health problems do you know of that are directly related to improper diet? Do young adults really need to worry about nutritional health?

### *Why It Matters*

The human body needs many different substances in order to run well. Proper nutrition is essential for fueling, building, repairing and regulating bodily functions and requires that we eat a variety of foods from key food sources. To eat a balanced diet, include food selections from all the important food groups throughout the day.

As you learn about each of the major food groups make notes about things you want to remember and eating habits you need to change.

## THE MAJOR FOOD GROUPS

*Select foods  
and prepare  
meals that  
include all  
the basic food  
groups.*

### *Bread and Cereal*

The bread and cereal group provides carbohydrates, proteins, vitamins and minerals and includes foods such as breads, cereals, rice and pasta. Eat approximately nine servings daily.

### *Fruit and Vegetable*

The fruit and vegetable group provides important vitamins, minerals and fiber and includes foods such as green leafy vegetables, green beans, peas, cabbage, apples, oranges, grapes, melon and so on. Eat approximately four servings daily.

### *Meat and Protein*

The meat and protein group provides important proteins, vitamins, minerals and fats and includes foods such as beef, chicken, pork, beans, lentils, nuts and so on. Eat approximately two to three servings daily.

### *Dairy*

The dairy group provides calcium, phosphorus, riboflavin, vitamins and minerals and includes foods such as milk, cheese, eggs, yogurt, sour cream and so on. Eat approximately two servings daily.

## ***Fats and Oils***

The fats and oils group provides little nutritionally. Fats are stored in the body for use at a later time if needed. Most individuals receive more than sufficient amounts of fats and oils from regular dietary consumption. Fats and oils are found in such foods as butter, olive oil, salad dressing, mayonnaise, snack and junk foods, candy and so on. The least amount of food should come from this food group.

## ***Nutrition Facts***

### ***Calories***

Calories are needed to provide energy so that the body functions properly. The number of calories in food depends on the amount of energy the food provides. The number of calories an individual needs depends on the person's age, height, weight, and gender and activity level. Eating more calories than you burn off puts you at risk for becoming overweight or obese.

### ***All Calories Are Not Equal***

FOOD SOURCE CALORIE CONTENT

<b>FOOD SOURCE</b>	<b>CALORIES PER GRAM</b>
Fat	9
Protein	4
Carbohydrates	4

## ***Daily Food Source Guidelines***

### ***Fats***

Fat calories should account for 30% or less of the total calories consumed daily and saturated fat should only account for 10% or less of the total fat calories.

Saturated fat tends to increase blood cholesterol levels and is found mostly in meat and dairy products, coconut, palm oils and butter.

Polyunsaturated fats tend to lower blood cholesterol levels and are found mostly in plant sources such as sunflower, safflower, soybean and cottonseed.

Monounsaturated fats tend to lower LDL cholesterol (the bad cholesterol) and are found in both animal and plant sources such as olive oil, peanut oil and avocado. Cholesterol intake should not exceed 300 milligrams a day. High cholesterol levels in the blood stream causes clogging of the arteries and other blood vessels and is a leading cause of heart attacks.

### ***Carbohydrates***

Carbohydrates are a major source of energy and should account for 50% to 60% of the calories consumed each day. Carbohydrates are found in whole grain cereals, flour, bread, rice, corn, oats, potatoes and legumes.

**Good nutrition**  
*is critical for*  
**good health.**



**Eliminate junk**  
**and fast food from**  
**your diet before**  
**eliminating**  
**healthy food**  
**selections.**