

# What Nutrients Does Your Body Need?

## 你的身体需要什么营养？

### **Nutrients** 营养

Chemical substances that give your body what it needs to grow and function properly.

- Some provide energy for daily activities.
- Others enable certain critical bodily functions to occur.

化学物质为你的身体提供生长和正常运作所需的物质。

- 有些为日常活动提供能量。
- 其他的则可以使某些关键的身体功能发生（爆发）。

### **Carbohydrates** 碳水化合物

Type of nutrient that is a major source of energy.

作为主要能量来源的营养类型。

Sugars are called simple carbohydrates.

糖被称为简单碳水化合物。

Starches are called complex carbohydrates.

淀粉被称为复合碳水化合物。

Your body breaks down carbohydrates into glucose to obtain energy.

你的身体将碳水化合物分解成葡萄糖来获取能量。

**Fiber** is a tough complex carbohydrate that the body is unable to digest.

纤维是一种坚韧的复合碳水化合物，人体无法消化。

Health benefits of eating fiber:

- Lowers cholesterol.
- Balances glucose.
- Adds bulk to stools.
- Can help prevent overeating.

食用纤维对健康的好处：

- 降低胆固醇。
- 平衡葡萄糖。
- 增加粪便体积。
- 可以帮助防止暴饮暴食。

## **Protein** 蛋白质

**Nutrient used by the body to build and maintain cells and tissues.**

身体用来构建和维持细胞和组织的营养物质。

**Provides energy when carbohydrates and fats are lacking in the diet.**

当饮食中缺乏碳水化合物和脂肪时提供能量。

**Made up of smaller chemical units called amino acids.**

由称为氨基酸的较小化学单位组成。

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## **Fats** 脂肪

**Nutrient largely made up of fatty acids.**

主要由脂肪酸组成的营养成分。

**Provide a valuable source of energy.**

- **Saturated fats are found primarily in animal-based foods.**
- **Unsaturated fats are found in plant-based foods.**
- **Cholesterol is found in foods from animal sources, but also produced by the body.**

提供宝贵的能量。

- 饱和脂肪主要存在于动物性食品中。
- 植物性食品中含有不饱和脂肪。
- 胆固醇存在于动物来源的食物中，但也由人体产生。

## **Myth or Fact?** 虚构（迷信）还是事实？

**Myth: Body fat is unhealthy and has no beneficial purpose.**

迷信：身体脂肪不健康且没有任何益处。

**Fact: Body fat supplies energy to the body when food is unavailable.**

事实：当没有食物时，身体脂肪会为身体提供能量。

**Fact: Body fat acts as a cushion to protect internal organs.**

事实：身体脂肪充当保护内脏器官的缓冲垫。

**Fact: Body fat helps regulate body temperature.**

事实：身体脂肪有助于调节体温。

## **Vitamins** 维生素

**Organic substances.**

有机物质。

**Necessary for normal growth and development.**

正常生长和发育所必需的。

**Help regulate various body processes.**

帮助调节各种身体过程。（例如消化过程）

**Help the body release the energy from other nutrients.**

帮助身体释放其他营养的能量。

## **Minerals** 矿物质

**Inorganic elements that come from the earth and are absorbed by plants.**

来自地球并被植物吸收的无机元素。

**Your body needs a total of 20 different minerals.**

你的身体总共需要 20 种不同的矿物质。

## **Water** 水

**Water is necessary for most bodily functions.**

水是大多数身体机能所必需的。

**Individuals should drink 8½ to 11½ cups of fluids per day.**

每个人每天应喝 8.5 至 11.5 杯液体。

**Feeling thirsty is a signal that your body needs more water.**

感到口渴是身体需要更多水的信号。

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## Creating a Healthy Eating Plan

### 制定健康饮食计划

#### *Dietary Guidelines* 饮食指南

Published by the US Departments of Agriculture (USDA) and Health and Human Services (HHS).

由美国农业部 (USDA) 和卫生与公共服务部 (HHS) 出版。

Discuss establishing eating patterns to promote health.

讨论建立饮食习惯以促进健康。

Revised every five years.

每五年修订一次。

#### *Maintain Calorie Balance* 保持卡路里平衡

A **calorie** is a unit of measurement for energy provided by food.

卡路里是食物提供的能量的计量单位。

Calories are burned by performing:

- Body functions (eating, sleeping, breathing).
- Daily activities (walking to class, cleaning your room).

通过执行以下操作来燃烧卡路里：

- 身体功能（饮食、睡眠、呼吸）。
- 日常活动（步行去上课、打扫房间）。

You can maintain your weight by balancing calories consumed with calories burned throughout the day.

您可以通过平衡全天消耗的卡路里和燃烧的卡路里来保持体重。

**3500 Calories = 1 Pound.** 3500 卡路里 = 1 磅。

#### *Nutrient-Dense Foods* 营养丰富的食物

Requirement for a healthy diet.

健康饮食的要求。

Have relatively few calories, solid fats, added sugars, refined starches, or sodium.

卡路里、固体脂肪、添加糖、精制淀粉或钠相对较少。

Provide vitamins, minerals, and other substances that contribute to adequate nutrient intake.

提供维生素、矿物质和其他有助于摄入充足营养的物质。

*MyPlate Food Guidance System* MyPlate 食物指导系统

The MyPlate diagram includes healthy proportions for the five food groups:

MyPlate 图包含五类食物的健康比例：

- **Fruits** 水果
- **Vegetables** 蔬菜
- **Grains** 谷物
- **Protein** 蛋白质
- **Dairy** 奶制品

**Undernutrition** 营养不良

Occurs when people do not receive the needed nutrients from the food they eat.

当人们没有从所吃的食物中获得所需的营养时就会发生这种情况。

Can lead to growth problems in children.

可能导致儿童生长问题。

Can also lead to serious or life-threatening problems:

还可能导致严重或危及生命的问题：

- **Brain damage** 脑损伤
- **Impaired vision** 视力受损
- **Blindness** 失明
- **Bone deformities** 骨骼畸形

**Overnutrition** is often caused by people eating too many foods that contain high amounts of added sugar, solid fat, sodium, refined carbohydrates, or simply too many calories.

营养过剩通常是由于人们食用过多含有大量添加糖、固体脂肪、钠、精制碳水化合物或过多卡路里的食物而引起的。

# Food Labels and Food Safety

## 食品标签和食品安全

### *Nutrition Facts Labels* 营养成分标签

The FDA requires any food sold in a package to include a Nutrition Facts label.

FDA 要求包装中出售的任何食品均附有营养成分标签。

This label shows the serving size, calories per serving, and nutrient percent (%) Daily Value.

该标签显示份量、每份热量和每日营养百分比(%)。

### *Ingredients in Foods* 食品成分

A food label includes all the ingredients that were used to make that food.

食品标签包含用于制作该食品的所有成分。

Ingredients are often listed in a confusing way (Descending order).

成分通常以令人困惑的方式列出(降序)。

Food additives must also be included in the ingredient list.

食品添加剂也必须包含在成分表中。

### *When Food Causes Illness* 当食物导致疾病时

**Foodborne illness**, or food poisoning, refers to illnesses that are transmitted by foods.

食源性疾病或食物中毒是指通过食物传播的疾病。

Most foodborne illness can be prevented by practicing safe food handling procedures.

大多数食源性疾病可以通过实行安全的食品处理程序来预防。

### *Preventing Foodborne Illness* 预防食源性疾病

These strategies can help reduce your risk of getting foodborne illnesses:

- Wash your hands with hot, soapy water.
- Cook foods to the appropriate temperature.
- Keep hot foods hot and cold foods cold.

- Refrigerate and freeze perishable food.
- Wash counters, tables, and dishes with hot, soapy water.
- Avoid unpasteurized juice, apple cider, and milk.
- Wash fruits and vegetables before preparing them.
- Throw away cans that are leaking or bulging.

这些策略可以帮助降低患食源性疾病的风险：

- 用热肥皂水洗手。
- 将食物煮至适当的温度。
- 保持热食热和冷食物。
- 冷藏和冷冻易腐烂的食物。
- 用热肥皂水清洗柜台、桌子和盘子。
- 避免未经巴氏消毒的果汁、苹果汁和牛奶。
- 准备水果和蔬菜之前先清洗它们。
- 扔掉泄漏或鼓胀的罐头。

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### *Food Intolerance* 食物不耐受

**Food intolerance** is a condition in which a person cannot properly digest a certain type of food.

食物不耐受是指一个人无法正确消化某种食物的情况。

**Examples: lactose intolerance and gluten intolerance.**

例如：乳糖不耐受和麸质不耐受。

### *Food Allergies* 食物过敏

A **food allergy** is an immune response to a certain food that the body reacts to as if it were harmful.

食物过敏是对某种食物的免疫反应，身体将其视为有害食物。

**Common reactions include hives or a rash, swelling in the tongue and throat, difficulty breathing, and cramps.**

常见反应包括荨麻疹或皮疹、舌头和喉咙肿胀、呼吸困难和痉挛。