

# NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

## Nutrition Nibbles







### Carbohydrates, Fuel for the Body



Carbohydrate is a nutrient that is a major source of fuel for the body. It comes from plants and appears in several basic forms: sugar, starch, cellulose (fiber).



Carbohydrates perform several important functions:

-  Provide energy needed for body processes.
-  Provide fiber that helps move food through the digestive tract.
-  Helps the body use other nutrients, especially protein and fats, more efficiently.
-  Helps prevent protein from being used as an energy source.
-  Helps ensure proper functioning of the central nervous system.
-  Provides sweetness (i.e., a sweet taste) to many foods eaten.

Type	Major Functions	Major Food Sources
Sugars (simple sugars)	Provides energy needed for body processes; helps cells use oxygen and release energy from food.	<ul style="list-style-type: none"> <li>• Table sugar, honey</li> <li>• Molasses, syrup</li> <li>• Bananas, dried fruit</li> <li>• Sweetened fruits</li> </ul>
Starches	Provides energy needed for body processes; helps cells use oxygen and release energy from food	<ul style="list-style-type: none"> <li>• Breads, cereals</li> <li>• Potatoes, lima beans</li> <li>• Corn</li> <li>• Dried peas and beans</li> </ul>
Cellulose (fiber)	Helps to move food through the digestive tract, and regulate the speed at which food moves (preventing constipation and non-absorption)	<ul style="list-style-type: none"> <li>• Lettuce, celery</li> <li>• Fruit and vegetable pulp, skins; edible hulls, bran and germ of grain (wheat germ)</li> </ul>



“Linking Citizens of Louisiana with Opportunities for Success”

# What's Cooking?

## One Pan Dandy

Number of Servings: 4

- 1 lb. Beef, Ground, Extra Lean, Onion, Large
- 1 cup Stewed Tomatoes, Canned
- 8oz. can Corn, Whole Kernel, Canned
- 1 cup Cheddar Cheese, Cubed, Low Sodium
- 1 tsp. Pepper, Black

Place ground beef, onion, and pepper in the skillet. Cook and stir over medium heat until meat is lightly browned and the onion is soft.

Spoon off any visible fat. Add tomatoes and corn. Cover and simmer over low heat for 30 minutes. Top with cheese and cover. Turn off the heat and let stand until the cheese melts.

Use low fat cheese to lower fat in recipe.

### Nutrition Facts

Serving Size (293g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 320	<b>Calories from Fat</b> 130		
% Daily Value*			
<b>Total Fat</b> 14g	<b>22%</b>		
Saturated Fat 7g	<b>35%</b>		
<b>Cholesterol</b> 90mg	<b>30%</b>		
<b>Sodium</b> 350mg	<b>15%</b>		
<b>Total Carbohydrate</b> 15g	<b>5%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 8g			
<b>Protein</b> 31g			
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 15%		
<b>Calcium</b> 25%	<b>Iron</b> 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4



#### References:

- Health and Wellness Center, Bolling Air Force Base, DC
- Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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