



City of Mission Health & Wellness Training Series

Weight Management: Nutrition

Thursday, January 26, 2012
3:30pm—4:30pm
City Hall—Council Chambers
Speaker: Roberto Bravo, Clinical Nutrition Manager

Nutrition

Why is it important to have good nutrition?

Good nutrition can help prevent disease and promote health. There are six categories of nutrients that the body needs to acquire from food: protein, carbohydrates, fat, fibers, vitamins and minerals, and water.

Good nutrition helps individuals achieve general health and well-being. In addition, dietary modifications might be prescribed for a variety of complaints including allergies, anemia, arthritis, colds, depressions, fatigue, gastrointestinal disorders, high or low blood pressure, insomnia, headaches, obesity, pregnancy, premenstrual syndrome (PMS), respiratory conditions, and stress.

The four basic food groups, as outlined by the United States Department of Agriculture (USDA) are:
dairy products (such as milk and cheese)
meat and eggs (such as fish, poultry, pork, beef, and eggs)
grains (such as bread cereals, rice, and pasta)
fruits and vegetables

Start Here

Sample Label from
Macaroni and Cheese

Nutrition Facts	
Serving Size 1/2 Cup (25g)	
Servings Per Container 22	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	10%
Total Fat 1g	2%
Total Carb 30g	10%
Sodium 400mg	20%
Total Cholesterol 10mg	20%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Footnote:

	Calories	% Daily Value*
Total Fat	12g	24%
Saturated Fat	5g	10%
Total Carb	30g	10%
Sodium	400mg	20%
Total Cholesterol	10mg	20%
Dietary Fiber	0g	0%

Quick Guide to % DV

- 5% or less is low
- 20% or more is high

10 Tips for Easy Weight Loss

1. Find out how many calories you need.
2. Eat at least 5 servings of fruits & vegetables per day.
3. Watch for portion size.
4. Do not skip meals.
5. Go for wholesome fresh foods.
6. Don't be overly restrictive.
7. Understand food labels.
8. Watch for sugary drinks.
9. Keep a food journal.
10. Exercise.

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Call or email Human Resources at 580-8631 or rpalomo@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

