

NOAC 2024

CU Boulder



SEEK NEW HEIGHTS

Eating Healthy at NOAC and Beyond

Learning Objectives

1. Define what a healthy diet consists of and its characteristics
2. Strategies for healthy eating habits during conference
3. Explore ways to build and plan for sustainable eating habits





1.

Basics of Nutrition

Importance of nutrition on health,
essential nutrients, and the food pyramid



How nutrition influences health

- Physical health
- Disease prevention
- Mental health
- Weight management
- Digestive health



Essential Nutrients

Protein

- Essential for growth, maintenance, and health
- Source of amino acids
- Includes: meat, fish, eggs, beans, soy, nuts, grains

Carbohydrates

- Fuel your body, especially the central nervous system and brain
- Opt for whole grains, beans, fiber-rich vegetables, and fruits
- Avoid refined grains and sugary products



Essential Nutrients (cont.)

Fats (Lipids)

- Necessary for cell structure, hormone production, and energy storage
- Healthy fats come from sources like avocados, nuts, seeds, and olive oil

Vitamins

- Micronutrients that play specific roles in bodily functions
- Examples include:
 - **Vitamin C** (found in citrus fruits)
 - **Vitamin D** (from sunlight and fortified foods)
 - **Vitamin A** (in carrots and sweet potatoes)



Essential Nutrients (cont.)

Minerals

- Micronutrients essential for various processes
- Examples include:
 - **Calcium** (for bone health)
 - **Iron** (in red meat and leafy greens)
 - **Potassium** (in bananas and potatoes)

Water

- Vital for hydration, digestion, and overall health
- Adding an electrolyte mix can also help during exercise
- Stay hydrated by drinking water and consuming water-rich foods like **fruits and vegetables**



Reading Food Labels

- Serving Size
- Calories
- Limit Certain Nutrients
- Compare labels and choose foods with fewer of these nutrients
- Beneficial Nutrients
- % Daily Value (DV)

Start Here

**Limit these
Nutrients**

**Get Enough
of these
Nutrients**

Footnote

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 1.5g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
* 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
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Quick Guide
to % DV**

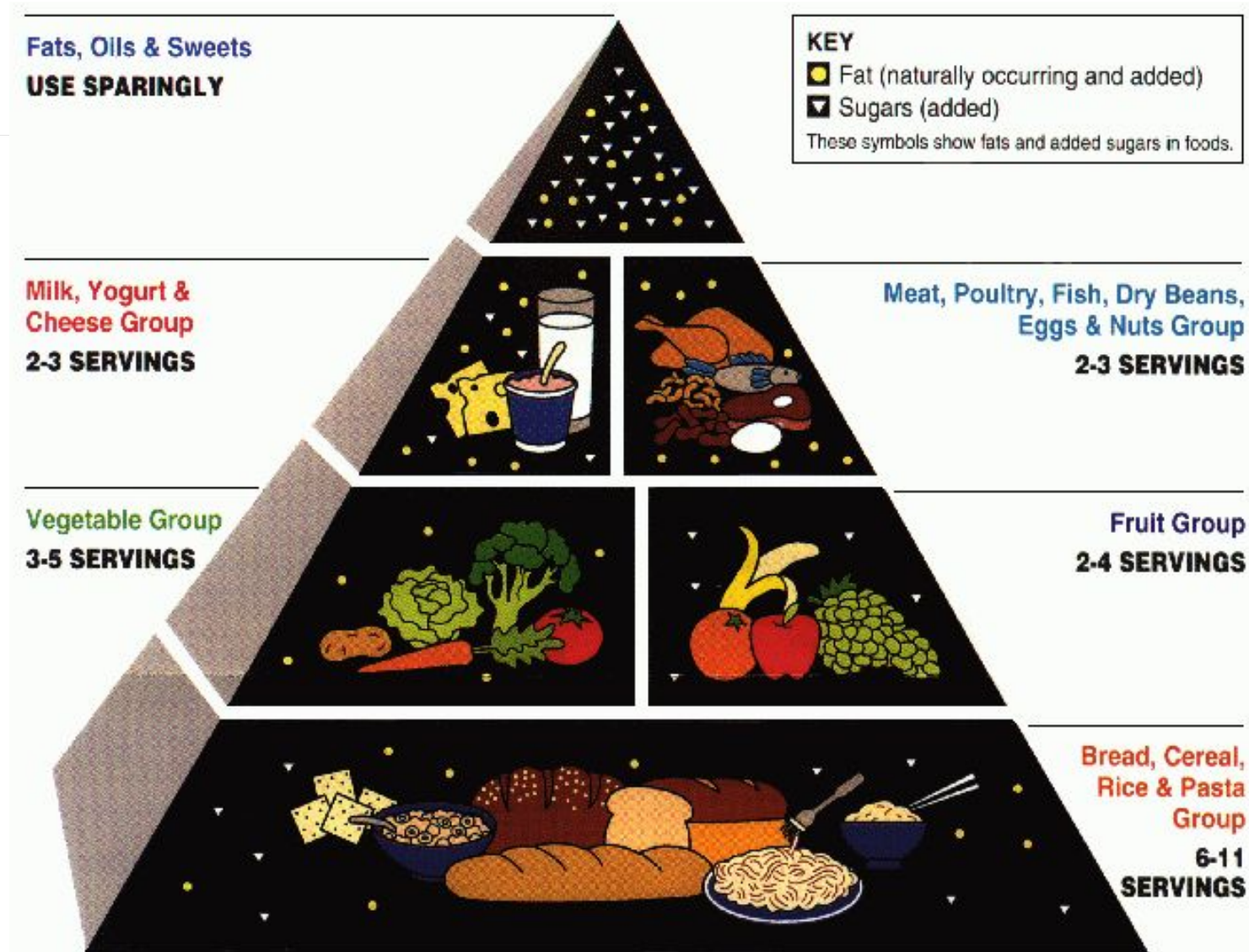
**5% or less
is low
20% or more
is high**



Food Pyramid

Helps guide individuals toward a **balanced diet** by emphasizing specific food categories.

- **Balanced Diet:** guides people toward a variety of foods, ensuring they receive essential nutrients
- **Health Promotion:** emphasizes whole grains, fruits, vegetables, and lean proteins
- **Educational Tool:** serves as an educational resource, helping individuals make informed food choices





2.

Navigating Food Choices at NOAC

Ways to eat better while at conference



What are challenges do you face at NOAC about eating and food?



Eating Healthy at NOAC

Eating at Buffets

- Survey the options before filling plate
- Choose smaller portions
- Prioritize vegetables and lean proteins
- Limit desserts and high-calorie items

Practical Tips for Healthy Choices

- Opt for balanced meals
- Stay hydrated
- Snack smart! Limit sugary snacks and drinks
- Plan ahead (bring healthy snacks and research local eateries)





3.

Sustainable Habits

Ways to eat better in your daily life



Meal Planning/Preparation

- Helpful for busy schedules. **Be Prepared!**
- Start small
- Consider each food group
- Get organized
- Invest in quality storage containers
- Keep a well-stocked pantry



Mindful Eating

- Take your time
- Minimize distractions
- Engage your senses
- Portion control
- Be aware of triggers



Get into groups of 3-4!

Develop a healthy living plan for when you return home



Takeaway Challenge

Write down **three key takeaways** from this session that will enable you to **Seek New Heights** in those current and/or future roles.

For example: I can better plan my food choices to become more clearly focused on my responsibilities.

