NFSC 465- Community Nutrition
Community Nutrition Internship
Spring 2009

Meats, Legumes, Diary, Calcium and Vitamin D

1. Meats

   - Meat is broken down into multiple components providing the body with an adequate source of protein, B vitamins, and iron.

   - Protein provides the body with essential amino acids.

   - **Food Sources:** animal, fish and poultry.

   - Some meat sources are more nutrient dense than others.

     - More=chicken, turkey, fish, etc. Lean meat sources.

     - Less= Rib eye steak, bacon, etc. High fat sources.

   - *The correlation between meats and heart disease*: more nutrient dense meats (lean meats) decrease your risk for developing heart disease. While high saturated fat food source red meat and bacon contribute to a high risk for heart disease.

2. Legumes

   - From a plant source. It is broken down into amino acids and other components and supplying the body with protein, fiber and carbohydrates

   - **Food Source:** peas, beans, soy beans and lentils

   - Not considered a complete protein like traditional meat product. It must to be consumed paired with grain source to equal a complete protein.

     - Example: beans and rice

   - Beneficial source of protein.

   - *The correlation with legumes and disease:* decreases the risk for colon cancer and heart disease.

3. Dairy

   - Provide the body with calcium, riboflavin, protein and Vitamin B12. (If fortified: Vitamin D and Vitamin A)
   - When broken down into are simple carbohydrates known as lactose.
   - Should be monitored with lactose intolerance.
     i. Lactose intolerance: (definition) inability to digest lactose due to a lack of the enzyme lactase.
     ii. Dairy products that have reduced symptoms in people with lactose intolerance are: hard cheeses, soy products and yogurt.
     iii. Signs and symptoms of lactose intolerance:
        1. Nausea
        2. Abdominal pain
        3. Diarrhea
        4. Excessive gas

- **Food Sources:**
    i. *Best Sources*: fat-free to 2% milk, yogurt, fortified soymilk, low fat cheeses.
    ii. Moderately Sources: cottage cheese, cream cheese, cheese.
    iii. Fattening Sources: whole milk, ice cream, pudding, milkshake, custard, butter, and sour cream.

4. Calcium

- Mineral.
- Important for: heart function, bones and teeth development and maintenance, blood clotting, aids in transmission of nerve impulse, muscle contraction, and cell metabolism.
- **Food Sources:** Dairy, cheese, dark leafy greens, fortified grains, and canned salmon.
- Deficiencies: Osteoporoses, low blood calcium, deteriorate bones, muscle and heart function failure, and low bone mass development in children; increase blood pressure, and cancer.

5. Vitamin D

- Fat- soluble vitamin.
- Important for: Hormones, affect Ca and P, bone health, makes calcium available to body, assist in heartbeat, neurological junction, and muscle function (because muscle fiber affected).
- **Food Sources:** (***from sunlight… darker skin less absorb), fortified grains and milk, eggs, butter, liver, and fatty fish.
- Deficiencies: rickets (decomposition of bones), gum disease, and cancer.

Recipe (demo/ sample):

Turkey Chili

Demonstrates:
1. Use of an unsaturated fat from turkey meat instead of traditional meat source (normally beef). (Yum!)

Ingredients:

- 1 can turkey chili
- 1 can 15 oz diced tomatoes with liquid
- 1 can 15 oz kidney or pinto beans, drained
- 1 medium onion chopped
- 2 cloves garlic; minced
- 1 teaspoon chili powder
- Pepper and salt (to taste)

1. Add to medium stew pot turkey chili, diced tomatoes, minced garlic, chopped onion, and chili powder; stir and cover.
2. Drain and rinse beans and add to chili mixture and cover stew pot.
3. Cook over medium heat for 30 -45 minutes; stir occasionally.
Serve and enjoy!

Serves 4-6

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