

Get the Balance Right

The Orisen™ Food & Beverage Nutrient Journal Guide

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The Orisen™ Food & Beverage Nutrient Journal is an easy-to-use method designed for anyone wishing to develop better eating habits. It is a valuable tool for helping you to track calories and nutrients.

This guide will assist you with setting your personal daily goals for water, sodium, fat, carbohydrates, fiber and protein.

You may be surprised to see that the amounts that you track are much more or even less than what you might have expected. Simply record the information that you wish to track from the Nutrition Facts labels on the foods and beverages that you consume. You can check your totals throughout the day to help you to plan ahead and make better choices for your next snack or meal.

After using the journal for a few days, you should be able to recognize patterns and make adjustments in order to find a better balance for the amount of nutrients in your diet.

When it comes to weight management, you can take the guesswork out of knowing your daily caloric intake.

The Orisen™ Food and Beverage Nutrient Journal can help you with limiting the foods and beverages that you may need less of and with balancing adequate amounts of nutrients.

WATER

The Most Important Nutrient

Consider these facts:

The human body is made up of between 55% and 75% water.

Your lungs expel between 2 and 4 cups of water each day through normal respiration – even more on a cold day.

If your feet sweat, that equals about another cup.

If you perspire, which doesn't include exercise-induced perspiration; you expel about 2 cups of water.

If you make half a dozen trips to the bathroom during the day, that's six cups of water.

You would have to lose 10% of your body weight in fluids to be considered dehydrated, yet as little as 2% can affect athletic performance, cause tiredness and dull critical thinking abilities.

Adequate water consumption can help lessen the chance of kidney stones, keep joints lubricated, prevent and lessen the severity of colds and flu and prevent constipation.

How do you know if you are drinking enough water? A good test is to look at the color of your urine to see if it is clear or pale yellow. If it is gold or dark yellow, you probably need to drink more water.

[Reference: The Cleveland Clinic]

How Much Water Should You Drink?

A general rule of thumb is to divide your body weight in half. That number will be the total of ounces of liquids that you should try to consume on a daily basis. That includes plain water, any liquid beverages, except for alcohol, and foods that contain liquids such as fruits and vegetables.

According to the Food and Drug Administration, the following are definitions for different types of water:

ARTESIAN water is a certain type of well water, collected without mechanical pumping. The well must tap a confined aquifer (an underground layer of rock or sand with water) that has water standing much higher than the rock, gravel or sand.

MINERAL water contains standard quantities of minerals that must be naturally present, not added.

PURIFIED water has been processed to remove minerals and other solids. (Purified doesn't mean it is better for you than any other kind)

SPARKLING is water with a "fizz," either with added carbon dioxide or naturally carbonated. (Seltzer, tonic and club soda are not sparkling water, they are considered soft drinks.)

SPRING water comes from an underground source and naturally flows to the surface. It must be collected at the spring or through a bored hole that taps an underground source of the spring.

DISTILLED water is considered the purist form of water. The process of distillation, heating the water to boiling and then collecting the condensation, removes any impurities and minerals.

FAT

What is it good for?

Fat is necessary for transporting and absorbing the fat-soluble vitamins A, D, E, and K and supports the manufacturing of hormones and nerve cells.

Fat globules are broken down and absorbed after they are emulsified in to fatty acids and glycerol in the intestine. Including healthy fats in your meals and snacks will help to keep your hunger satisfied longer.

Read our IDEA Library article: *Fatty Acids* for more in depth information on how to choose your healthy fats.

The American Heart Association recommends that you limit fat intake to 30% of your total daily calories.

This equals approximately 45 to 65 grams per day.

Sodium

Salt of the Earth

Sodium works with the minerals calcium, chloride, magnesium and potassium to maintain water and acid-alkali balance in our bodies. An average adult body contains around 90 grams of sodium.

You can learn how to better manage your sodium intake with our Eye on Nutrition Facts Program and when you make a healthy habit of checking for sodium content on Nutrition Facts labels.

Did you know that one serving or ¼ teaspoon, of table salt can equal 575 milligrams of sodium? Compare that amount to one serving of Sea Salt that can equal only 330 mg. One serving or 3 cups, of fresh organic spinach contains 90 mg of sodium.

The American Heart Association recommends consuming less than 2300 milligrams of sodium per day.

Carbohydrates

Our Most Efficient Fuel

The single function of carbohydrates is to provide energy. You have heard the terms simple, complex and indigestible. Simple carbohydrates are broken down and absorbed quicker by the body than the complex or starchy carbohydrates that are digested at a slower rate.

Indigestible carbohydrates are fiber.

There are 5 different forms of sugars found in Carbohydrates; dextrose, fructose, lactose, maltose and sucrose. The body converts them all in to blood sugar or glucose.

Did you know that our brains rely exclusively on carbohydrates for energy and that fat cannot be broken down without carbohydrates being present?

As a general guideline, you should aim to get 45% to 65% of your total daily caloric intake from carbohydrates.

Women should aim to get 45 to 55 grams per meal and 15 to 20 grams per snacks.

Men should aim to get 60 to 75 grams per meal and 15 to 30 grams per snack.

Glycemic Index

How food affects your glucose or blood sugar level

You can help regulate your blood sugar levels by understanding how to use the glycemic index rating of food.

The ratings range from low to moderate to high depending on how slowly or quickly the food causes the release of insulin in response to glucose or blood sugar levels.

Foods that have high amounts of fiber, fat or protein are considered to be a low-glycemic food that will cause a slow and sustained increase in glucose levels.

Foods that contain little or no fiber, processed or refined foods and certain starches have a high-glycemic rating that will cause a definite spike in glucose levels.

Did you know that $\frac{1}{2}$ to 1 cup of beans per day can significantly reduce blood lipid levels and help control the blood sugar of diabetics?

FIBER

Are you getting enough?

Fiber is a carbohydrate that is derived from plants. Our bodies do not digest or absorb fiber. Fiber is considered to be calorie free. Getting the recommended daily amount of fiber promotes a healthy digestive tract.

Insoluble Fiber

Give me some skin!

Insoluble fiber is cellulose. Cellulose is the part of plants that give it structure. Insoluble fiber absorbs water and helps to create the feeling of being full. The skin of fruits and vegetables are insoluble fiber.

Good sources of insoluble fiber include:

Bean, fruit, legume and vegetable skins

Green leafy vegetables

Whole grains

Guidelines for recommended fiber intake:

Men under age 50 should aim for 38 grams per day

Men over age 50 should aim for 30 grams per day

Women under age 50 should aim for 25 grams per day

Women over age 50 should aim for 21 grams per day

Soluble Fiber

Soluble fiber mixes with water and forms a thick substance that has the ability to bind with bile acids. Reducing the absorption of bile acids has proven to reduce cholesterol levels.

Good sources of water- soluble fiber include:

Apples

Barley

Beans

Carrots

Citrus Fruits

Lentils

Oats

Peas

Protein

The Building Blocks of the Body

Protein is necessary for growth, maintenance and repair of all tissue cells. The body converts dietary protein into amino acids. Some amino acids are considered essential and must come from your diet. Always consider the quality and the source of your Protein.

Did you know that when the body must use Protein for fuel that it must first convert it in to Carbohydrate or Fat before it is useful energy?

The typical American diet contains 200 to 250% of the RDA for Protein. The Dietary Reference Intake for Protein is 50 to 65 grams per day.