

# TCNJ RECREATION & WELLNESS

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## *Macronutrients are Essential*

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Welcome to this semester's first Wellness Newsletter! This newsletter serves as a great way to update TCNJ on the Wellness events we have hosted in the past month. Each month, our RECreate Your Night program hosts short virtual webinars in the first two weeks that cover a variety of wellness topics ranging from nutrition to mental health and self-care! This semester we are also hosting Kahoot Trivia each third week of the month to test your knowledge on the topic of Wellness! I'll let you in on a little secret, the best way to win some great prizes during our Kahoots is to attend our first two weeks of mini webinars! Hope to see you at our events in March!!

*The latest on  
this month's issue:*

THE IMPORTANCE OF  
MACRONUTRIENTS

TIPS FOR READING A  
FOOD LABEL



## *The Importance of Macronutrients*

Macronutrients are essential components of our everyday meals. There are three of them and their names are carbohydrates, protein, and fat. It is essential for an average healthy human being to consume foods from all three groups as each macronutrient contributes immense benefits to our health and proper body functions!

Carbohydrates are our main energy source and it is important to consume carbohydrate food sources primarily from our fruits, vegetables, and whole grains. Yes, carbohydrates also make up all of our sugary drinks, pastries, sweets, honey, syrups, and fried foods, but we should remember to limit the consumption of these and to focus on increased consumption of fruits, vegetables, and whole grains. You wouldn't fill up an expensive car with cheap fuel, so remember to fill yourself up with the correct fuel needed for your body to function well! Great carbohydrate sources include apples, oranges, bananas, broccoli, spinach, peppers, quinoa, rice, whole-wheat pasta, and lentils to just name a few!

Protein is the next macronutrient we covered and it is otherwise known as the "building block" of our body. It is responsible for building and repairing tissues in our body, and aiding in the healing process of wounds and infections.

Protein is found in both, plant and animal food sources. You can get your source of protein from plant foods such as soy, beans, chickpeas, and quinoa. Animal food sources of protein include chicken, eggs, turkey, beef, pork, seafood, and dairy.

Fat is the last macronutrient we covered, but definitely not the least! Fat is important for consumption as it helps us absorb our fat-soluble vitamins (A, D, E, K), helps support the growth of our cells, supports the health of our brain, eyes, and overall nervous system, and also aids in wound healing processes. There are a few types of fat; omega-3s, omega-6s, unsaturated fats, and saturated fats. Omega-3s, 6s, and unsaturated fats come from more nutrient-dense food sources and should be consumed daily. These food sources include nuts, seeds, and seafood. Saturated fats can also come from nutrient-dense food sources, but consuming them in excess has been linked to cardiovascular health issues. Saturated fats are found in dairy products, eggs, and meat sources, which are fine to consume in moderation because these foods also contain other important nutrients. However, where we should think about limiting our saturated fat intake is with junk food, fried food, pre-packaged frozen meals, and restaurant foods when possible.

# Quick Tips on Reading a Food Label

## 1. Check the serving size of each packaged food.

The serving size is located in the top lefthand corner of the nutrition facts label on the side or back of each food packaging.

## 2. Focus on the bolded sections:

Total Fat

Total Carbs.

Protein

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carbs.</b> 9g	<b>3%</b>
Sat. Fat 3g	<b>15%</b>	Fiber 0g	<b>0%</b>	
Trans Fat 0g		Sugars 8g		
<b>Cholest.</b> 25mg	<b>8%</b>	<b>Protein</b> 10g	<b>20%</b>	
<b>Sodium</b> 40mg	<b>2%</b>			
Vitamin A 0%	•	Vitamin C 0%		
Calcium 15%	•	Iron 0%		

Serving Size: 1 container (125g)  
 Calories 120  
 Fat Cal 45

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.



## 3. Ensure that when purchasing a packaged food item, the grams of carbohydrates and the grams of protein are within a 5-8 gram range of one another.

If they are within a 10-12 gram range that will still be okay, but no more than that. It's important to consume a meal or a snack that has a balanced amount of carbohydrates and protein so that your blood sugar does not spike too quickly and then drop halfway through the day, giving you feelings of lethargy which prompts some individuals to nap midday.

## 4. Remember to choose carbohydrate food sources (when packaged) that contain about 6 grams of fiber per serving.

This number can be a little less, however, the more fiber per serving of a carb-dense food, the better it will be for your digestive system. Americans do not consume enough of the recommended amount of fiber per day. 25 grams of fiber for a female and 38 grams of fiber for a male are recommended daily. Be careful to not overdo this because you may end up in the bathroom for a few hours.

## 5. If a food is high in fat, ensure that is not high in carbohydrates, and that there are more grams of protein than fat.

## *Wellness Calendar Dates for March*

### **Tuesday, 03/02**

Session #1: Kingz & Coilz co-sponsorship

8-8:30 PM

Session #2: Nutrition- MyPlate

9-9:30 PM

### **Tuesday, 03/09**

Session #1: Practicing Mindfulness

8-8:30 PM

Session #2: Practicing Mindfulness

9-9:30 PM

### **Tuesday, 03/16**

Kahoot Game!

Session #1: Haircare & Mindfulness

8-8:30 PM

Session #2: MyPlate & Mindfulness

9-9:30PM

### **Tuesday, 03/23-03/30**

Wellness Challenge!

Tune in on 03/23 to our Instagram to find out the next challenge!

**Download the ATLETO app to join us for all of our events!**

## References:

1. Yetman D. 5 signs you're not getting enough fat in your diet. Healthline. <https://www.healthline.com/health/fat-deficiency>. Published December 4, 2020. Accessed February 9, 2020.
2. Important Nutrients to Know: Proteins, Carbohydrates, and Fats. National Institute on Aging. <https://www.nia.nih.gov/health/important-nutrients-know-proteins-carbohydrates-and-fats>. Accessed February 9, 2021.
3. Types of Fat. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/>. Published July 24, 2018. Accessed February 9, 2021.
4. Office of Dietary Supplements - Omega-3 Fatty Acids. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/>. Accessed February 9, 2021.
5. Know Your Limit for Added Sugars. Centers for Disease Control and Prevention. <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html#:~:text=Americans%20should%20keep%20their%20intake,part%20of%20a%20healthy%20diet.&text=For%20example%2C%20in%20a%202%2C000,should%20come%20from%20added%20sugars>. Published April 3, 2019. Accessed February 9, 2021.