

Cooking & Nutrition

Nutritionist recognize four basic food groups and two additional categories:

The Milk Group supplies calcium, riboflavin (vitamin B2) and protein. (2-4 servings per day) Cheese, milk, cocoa, cheesecake and puddings.

The Meat Group supplies protein, niacin, iron and thiamin (vitamin B1) for muscle, bone, body cells, healthy skin and nerves. (2 servings per day) Peanut butter, eggs, beans, legumes and nuts.

The Fruit-Vegetable Group supplies vitamin A and vitamin C for night vision, resistance to infections and helps in healing wounds. (4 servings per day) Potatoes, freeze-dried vegetables, tomato base, fortified fruit drinks, dried fruit and wild edibles.

The Grain Group supplies carbohydrate, thiamin, iron and niacin for energy and a healthy nervous system. (4 servings per day) Flour, pasta, rice, cereals, cous-cous and bulgar.

Combination Foods contain ingredients from more than one group and supply the same nutrients as the foods they contain. Counted as servings or partial servings of the food group contained within. Examples: Quiche, pizza and macaroni and cheese.

Other Foods complement foods from the four groups (**DO NOT** replace). Examples: sweets, fats and oil, coffee, tea and condiments. These foods provide additional calories and amounts should be determined by the individuals needs.

Every day you should eat a wide variety from the above food groups. By choosing different foods, you will be able to supply your body with the nutrients it needs. Nutrients are grouped into six classes:

Protein is necessary to build all body cells. You need protein all your life, since body cells are constantly being replaced. Proteins are made up of amino acids. Animals proteins supply amino acids in the right proportions for the body to use. Plant food proteins usually lack some indispensable amino acid, therefore, know as incomplete proteins. By combining certain incomplete proteins, a complete protein can be produced for the body to use. Successful combinations are: beans and rice, peanuts and wheat, macaroni and cheese. (**Cell building & repair**)

Carbohydrates are starches and sugars found in plant foods. When you exercise, you burn body-stored carbohydrates. The more active you are, the more carbohydrate-rich foods you need to eat. A high carbohydrate diet means eating a variety of vegetables, whole grains, legumes and fruits. These foods supply complex carbohydrates and provide fiber. Sugar consumption is not necessarily synonymous with instant energy, nor is it a source of complex carbohydrates. (**All levels of energy**)

Fats take longer for your body to digest but start to provide energy after the quicker burning carbohydrates have been used up. (**Backup energy**)

Vitamins have no caloric value but are essential body functions. The average person eating a balanced and varied diet, should not need to take vitamin supplements. (**Help the body utilize foods**)

Minerals help in physiological functions. They come from the foods you eat and some are found in water. (**Help the body utilize foods**)

Water makes up 1/2 to 3/4 of your body weight. You need more water when you exercise, due to sweating and respiration losses. Drink a minimum of 2-3 quarts per day in the summer. In winter, 3-4 quarts a day and at altitudes of 7,000 feet or greater, 3-5 quarts. Dehydration causes muscle cramps, headaches and nausea and can increase the chances of hypothermia, frostbite and altitude sickness. (**For thirst & rehydration**)

Energy for everything we do is obtained from the protein, carbohydrates and fat in the foods we eat. Calories are a measurement of that energy. Proteins and carbohydrates each supply approximately 112 calories per ounce. Fat is a more concentrated source of energy and supplies roughly 252 calories per ounce.

If you use more calories than you consume, you lose weight; if use less than you consume, you gain.

Above information was taken from:

National Outdoor Leadership School. The NOLS Cookery. (Fourth Edition), Stackpole Books, Mechanicsburg, Pennsylvania, 1997.

Pre-packaged Backpacking Meals:

Adventure Foods

828-497-4113

www.Adventurefoods.com

Backpackers Buffet

(custom meals)

www.backpackersbuffet.com

Backpacker's Pantry

303-581-0518

www.backpackerspantry.com

Cache Lake

800-442-0852

www.cachelake.com

Enertia

877-363-7842

www.trailfoods.com

Epicenter

541-684-0717

www.TheEpicenter.com

L.D.P

800-826-5767

www.LDPCampingFoods.com

Mary Janes Farm

888-750-6004

www.maryjanesfarm.org

Mountain House

877-366-3877

www.mountainhouse.com

MSR Mountain Gourmet

Paradise Farm Organics, Inc.

800-758-2418

www.backcountryfood.com

Natural High

800-423-3170

www.richmoor.com

Nitro-Pak
800-866-4876
www.nitro-pak.com

Pack Lite Foods
218-387-9147
www.packlitefoods.com

Dried fruits & vegetables

www.justtomatoes.com

Websites with additional information and recipes:

www.greatoutdoors.com/go/gear/?department=Food

www.wildernessbackpacker.com/WB/pagesNonIE/articlesNonIE/recipes.html

[http://www.backpackingdeals.com/Merchant2/merchant.mvc?Screen=CTGY
&Store_Code=W&Category_Code=F](http://www.backpackingdeals.com/Merchant2/merchant.mvc?Screen=CTGY&Store_Code=W&Category_Code=F)

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