

Balanced Bites

Eat like a dairy cow!
Human & Livestock Nutrition



What do all living things need to
grow and stay healthy?



Nutrients!

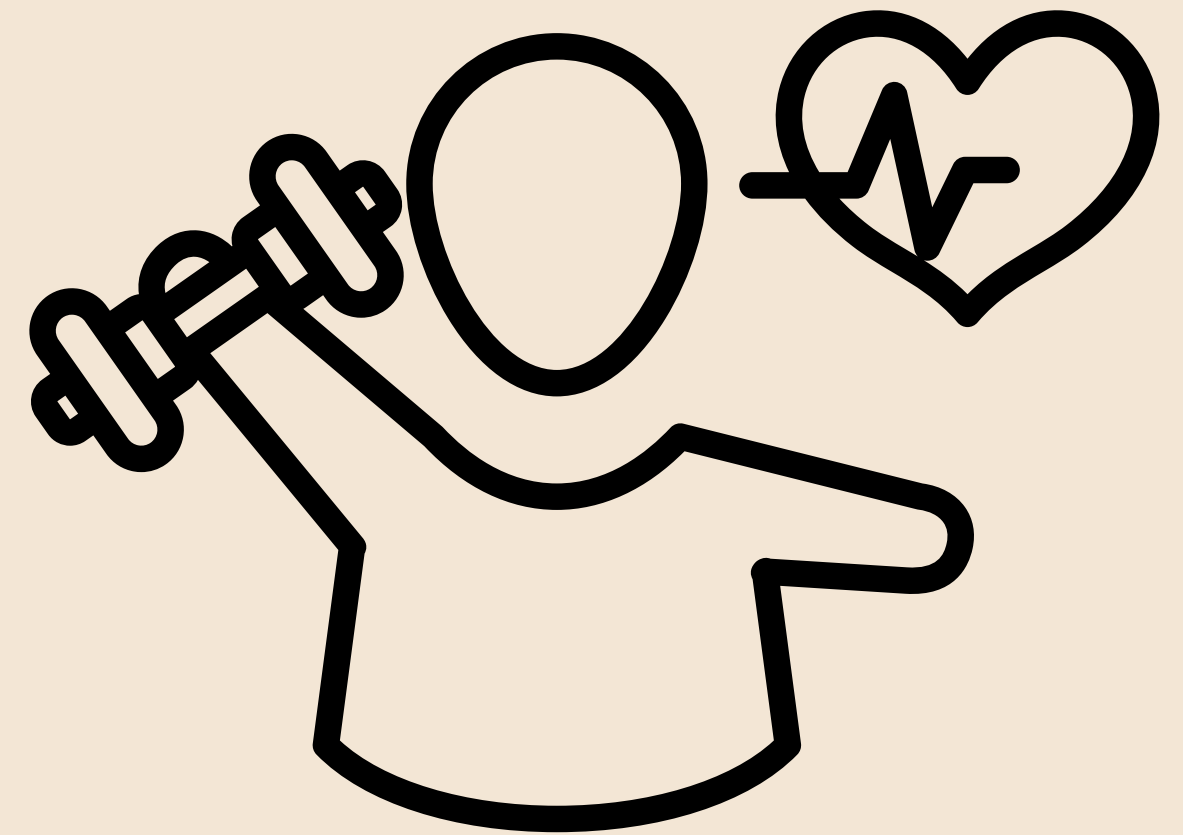
Carbohydrates (carbs) → quick energy

Protein → repair & build

Fiber → digestion

Fats → storing energy

Vitamins & minerals → regulation & support



How do you get all of the nutrients you need?



A Balanced Diet

Eat a variety of foods that provide all essential nutrients.

carbs

+

protein

+

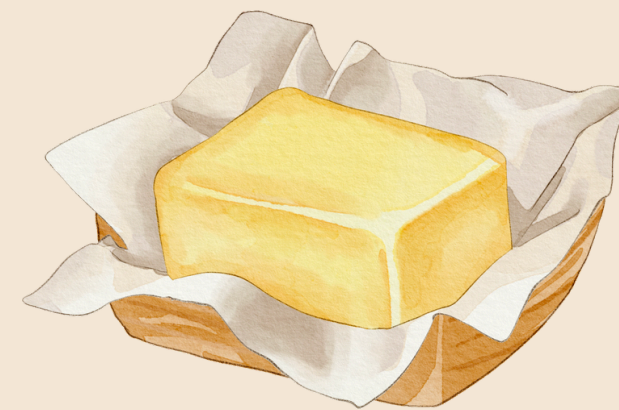
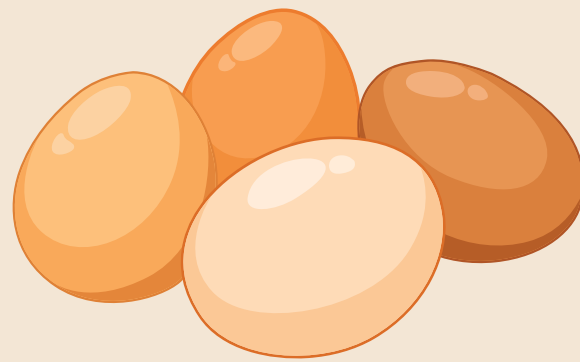
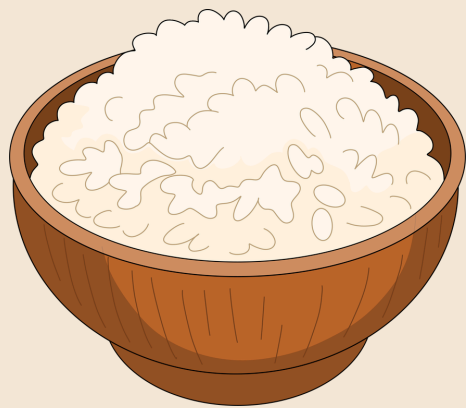
fiber

+

fats

+

vitamins &
minerals



Match the food to the nutrient group:

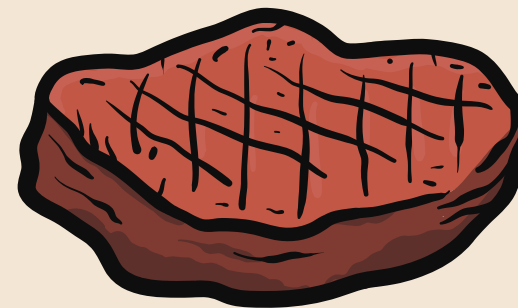
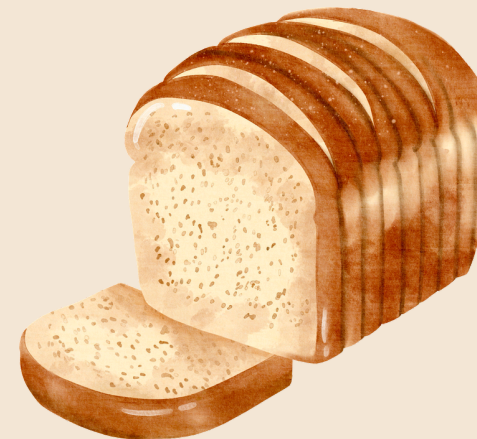
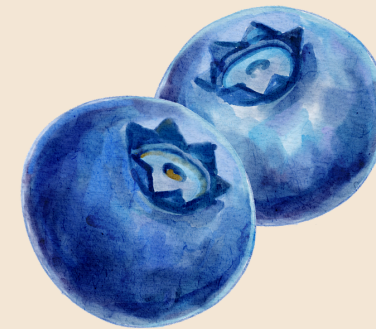
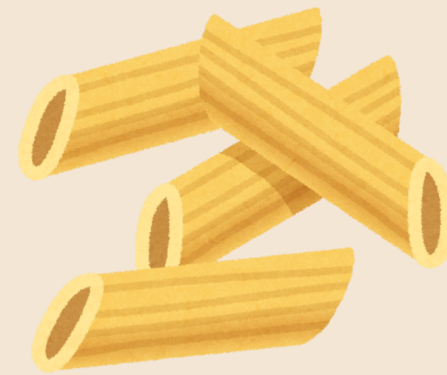
Carbohydrates

Protein

Fiber

Fats

Vitamins & minerals



Answers:

Carbohydrates

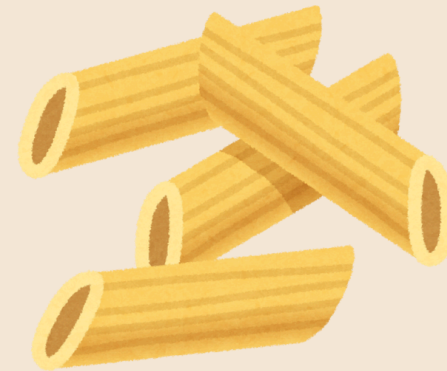
Protein

Fiber

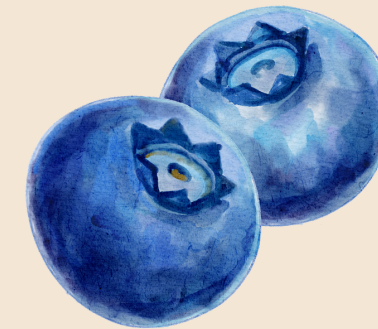
Fats

Vitamins & minerals

Pasta:
Carbs



Blueberries:
Vitamins & Minerals



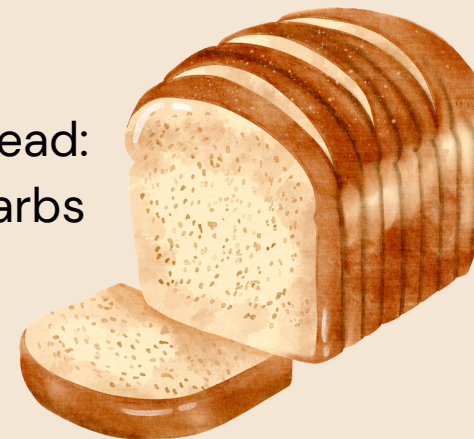
Kale:
Fiber
Vitamins & Minerals



Beans:
Protein
Fiber



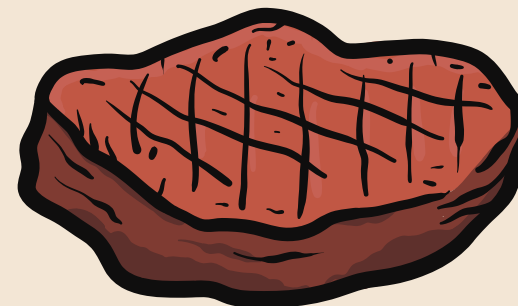
Bread:
Carbs



Oil:
Fats



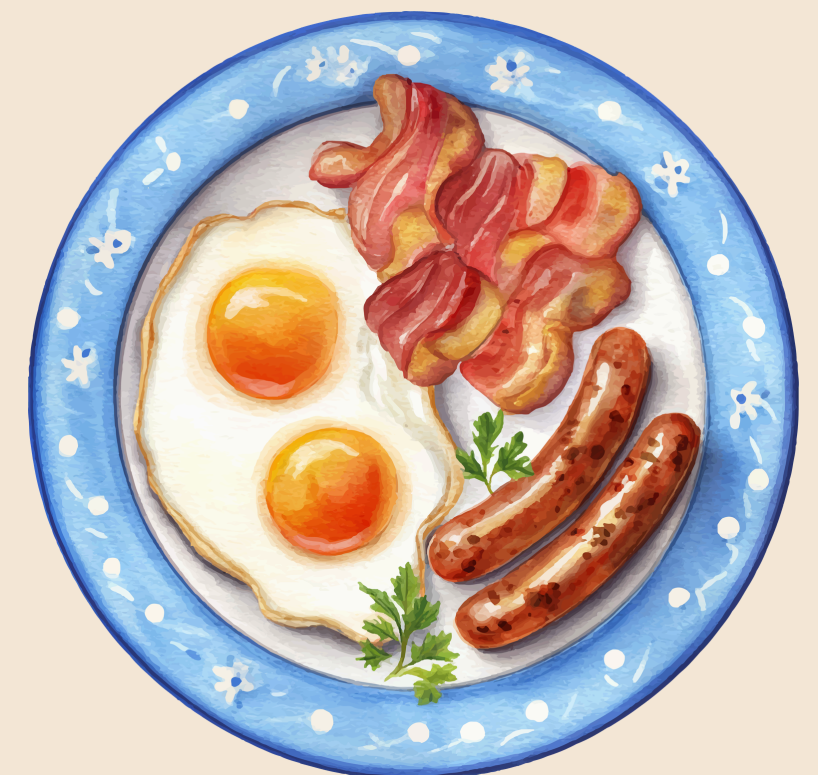
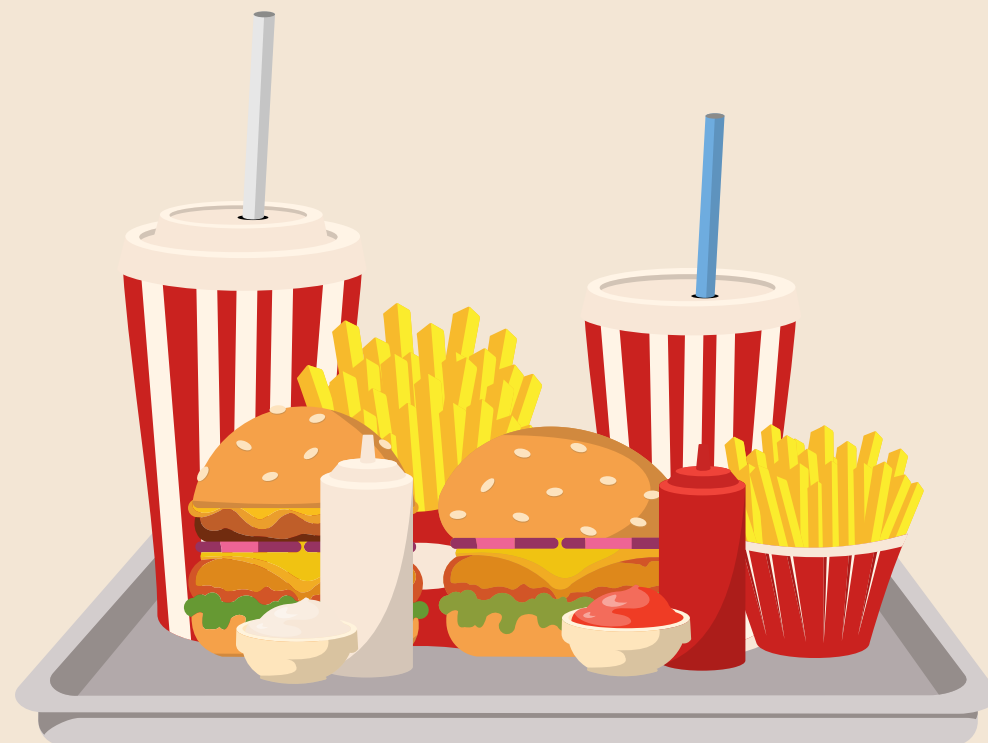
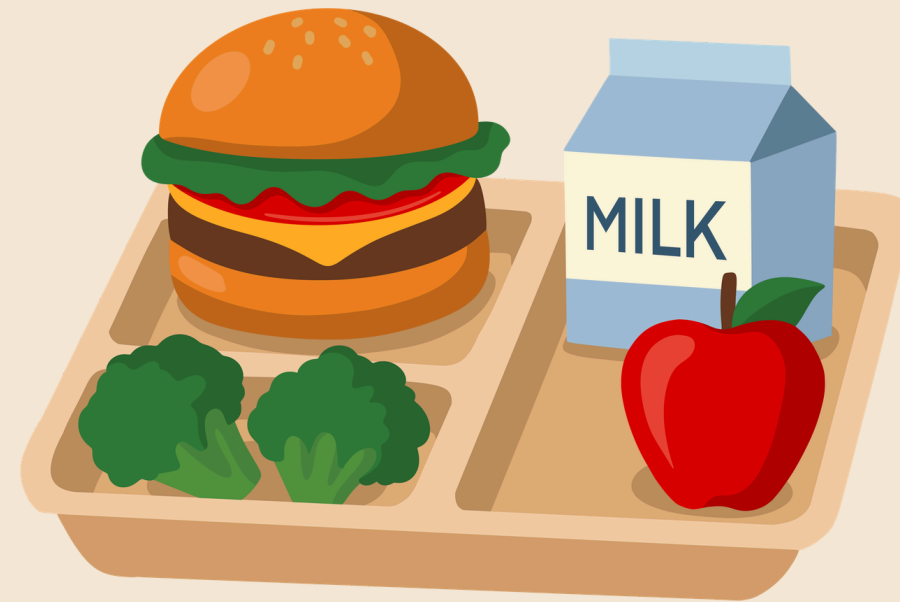
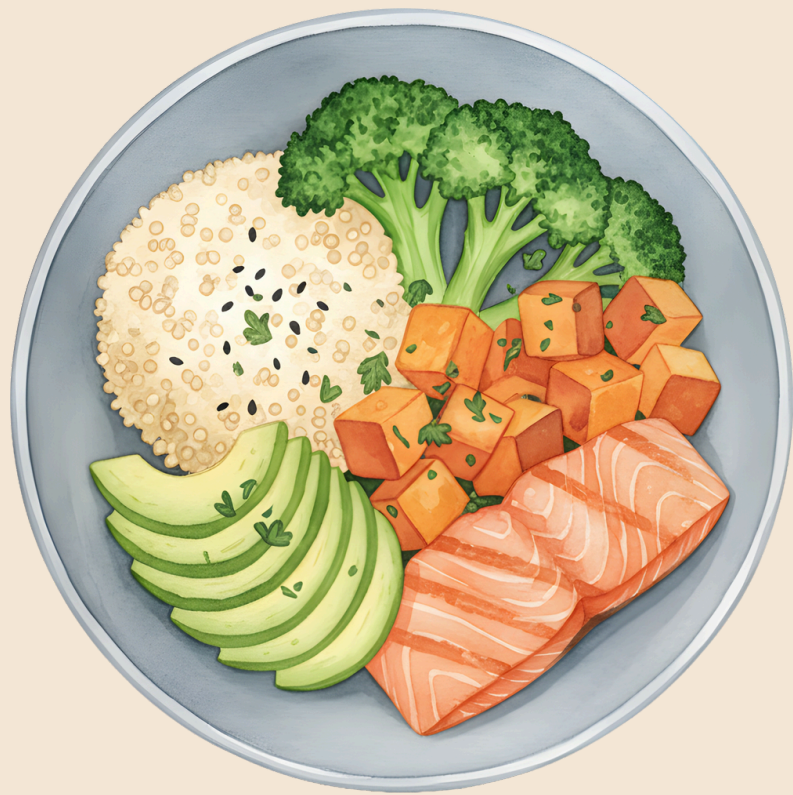
Steak:
Protein



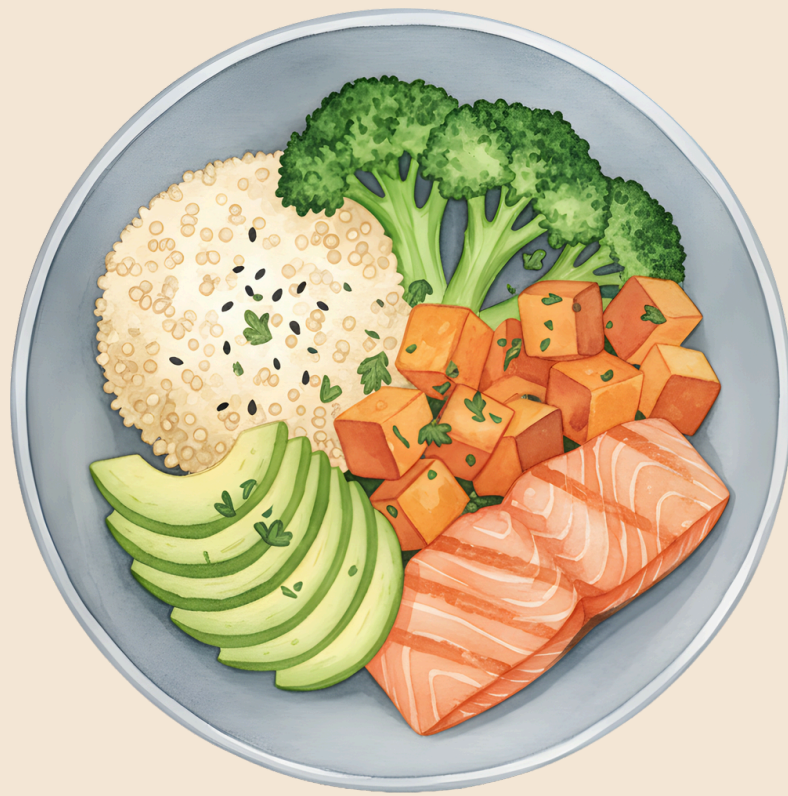
Broccoli:
Protein
Fiber
Vitamins & Minerals



What nutrients are on these plates?

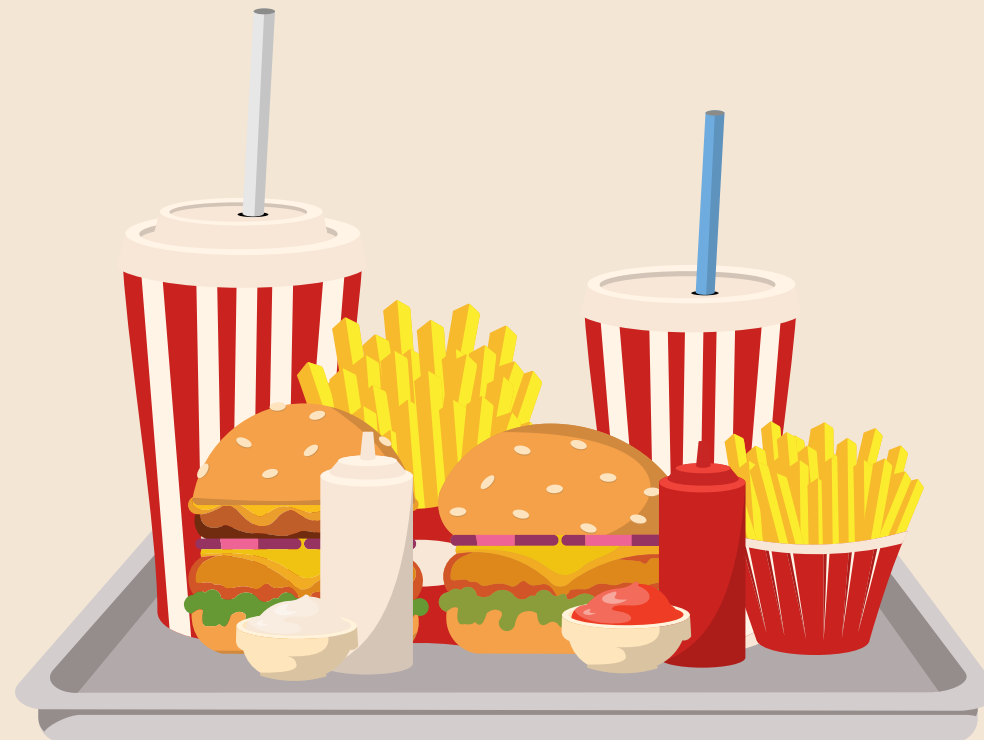


What nutrients are on these plates?

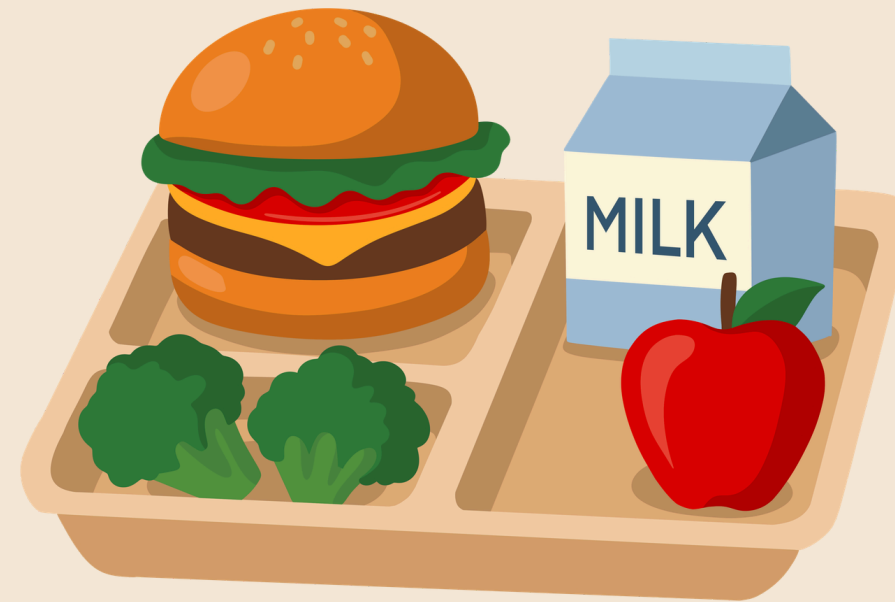


Rice: Carbs
Avocado: Fats
Salmon: Protein
Broccoli & Sweet Potato:
Protein, Fiber, Vitamins
& Minerals
Is it balanced? YES!

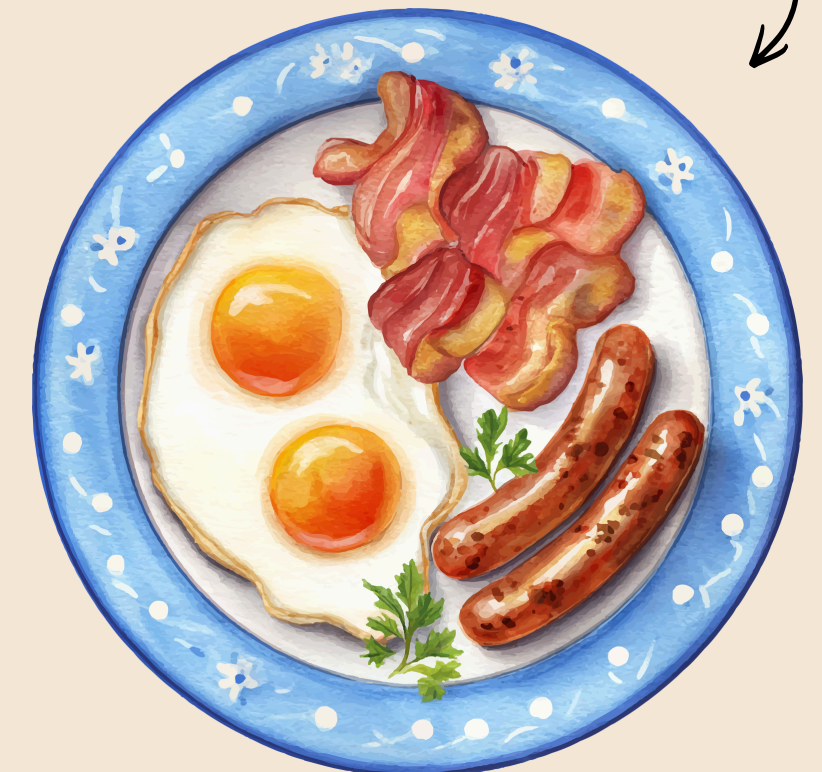
Fries: Fats
Burgers: Carbs, Protein
Soda: None
Is it balanced? NO!



Burger: Carbs, Protein
Broccoli: Protein, Fiber,
Vitamins & Minerals
Apple: Vitamins &
Minerals
Milk: Protein, Vitamins &
Minerals
Is it balanced? YES!



Bacon: Protein
Sausage: Protein
Eggs: Protein
Is it balanced? NO!



What does this have to do with
dairy cows?



Did you know...

Dairy cows and humans need the same kinds of nutrients!

Carbs → corn or barley grain



Protein → soybean meal and alfalfa

Fiber → forage like grass and hay



Fats → vegetable oils

Vitamins & minerals → pre-mixes



TMR

Total Mixed Ration: all ingredients evenly mixed together

Every bite is a balanced bite!



TMR



Why do we give cows balanced diets?

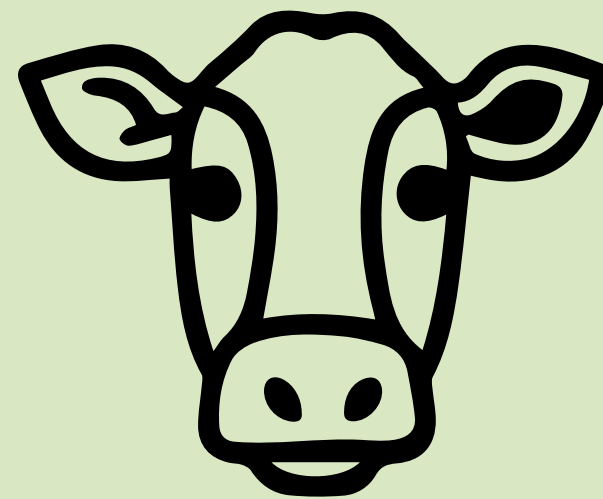
Livestock health affects the nutrient values in the products we get from them.

If our livestock isn't healthy, we can't be as healthy!



Human TMR Activity

Build your own balanced bites!



Wrap-up

Humans need to eat a variety of foods to get all essential nutrients.

Even though the food is different, humans and livestock need the same kinds of nutrients to stay healthy!

Remember, healthy nutrition is all about balanced bites!

