

Nutrition





 Among children and adolescents ages 6 to 19, almost 1 in 3 (33.2%) are considered to be overweight or obese, and 18.2 percent are considered to be obese.



Why weight problems today??

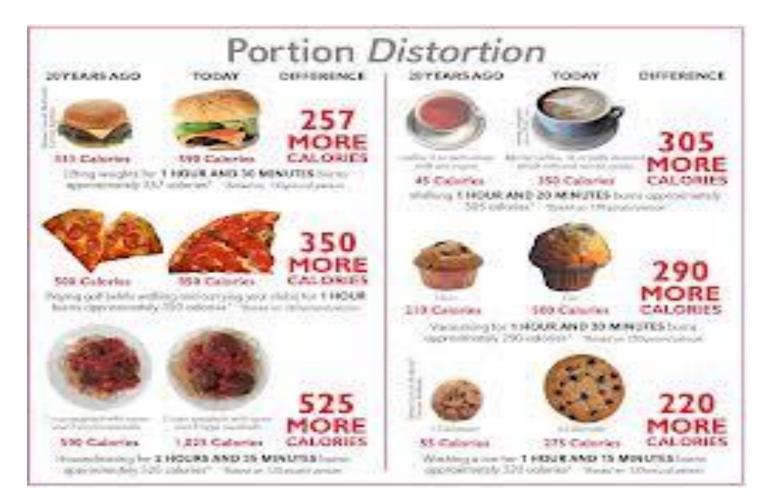


Portions Quiz

<u>http://hp2010.nhlbihin.net/portion/portion</u> <u>2.cgi?action=question&number=1</u>



Portion Distortion



My Daily Food Plan

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Daily Food Plan

- Individualized plan
- Based on age, gender, height, weight and activity level

- <u>www.choosemyplate.gov</u>
- Provides calorie intake and how much to eat from each food group

Daily Food Plan Assignment

• <u>www.choosemyplate.gov</u>

Body Mass Index (BMI)

- A norm indicator of health based on a person's height and weight
- Not accurate for everyone!!!!!



BMI Chart

<u>http://www.nhlbi.nih.gov/guidelines/obesit</u>
<u>y/bmi_tbl.pdf</u>



6 Nutrients

Substances in food the body breaks down to regulate daily bodily functions





- Carbohydrates
- Water
- Vitamins
- Minerals
- Proteins
- Fats

Carbohydrates

<u>Simple</u>

- Energy
- Sugary
- Fruit, sweets, candies, juices...



Complex

Energy



- Grains
- Cereal, bread, pasta, oatmeal, vegetables...
- Provides <u>Fiber</u>: tough substance in food
- Keep digestion system healthy



Protein

3rd source of energy, builds & maintains cells, builds muscle

<u>Complete</u>

Contain all 20 amino acids

Meat, fish, cheese, poultry, eggs, yogurt...

• <u>Incomplete</u>

Contain some of the amino acids Grains, nuts, beans,

seeds, vegetables...





Vitamins

Help w/ digestion, metabolism and other bodily processes

Fat Soluble

Water Soluble B & C





Minerals

 Aides in many bodily processes, have to be eaten every day

Sodium, calcium, potassium, iron, zinc....





Fat

Stores some vitamins, cushions organs, prevents injuries, provides energy, insulates body

Saturated

- Solid at room temp.
- Unhealthy option
- Clogs arteries/veins
- Butter, margarine, animal fat...



Unsaturated

- Liquid at room temp.
- Healthier option
- Oils...





Water

- Most important
- Regulates body temp.
- Carries nutrients & waste
- lack of water in body

can be deadly, once thirsty=dehydrated



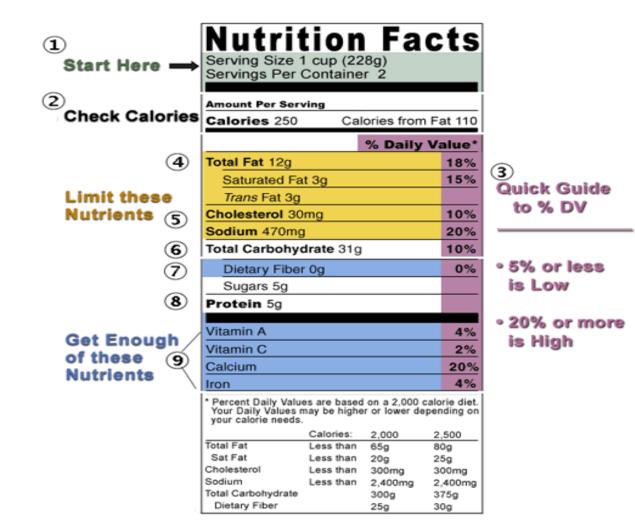


Dehydration

- lack of water in body
- can be deadly
- once thirsty=dehydrated



Food Labels





Must have...

- Name of product
- Contact info for company
- Nutrition facts
- Serving size
- Calories
- Nutrients Percentage of Daily Value
- Ingredients

Other info...

- Good Source of... 10-20% daily value
- Light...changed to contain 1/3 fewer calories
- Healthy...low in fat & saturated fat
- High In... 20% or more of daily value
- Percent Fat Free... only on foods low in fat
- Low... eaten frequently w/out exceeding dietary guidelines
- More...10% more than daily value
- Less... 25% less of a nutrient or of calories
- **Reduced**... changed to contain 25% less
- Fresh... must be raw



Food Label Activity



Fad Diets

 A diet that promises quick results (weight loss) done in an unhealthy way

• Examples.....



Fad Diet Assignment

Dieting Healthy

- Exercise 3-5 days per week for 60 minutes
- Cut a healthy amount of calories
- Replace unhealthy foods with health foods
- Don't skip meals!!

Calories – the amount of **ENERGY released when nutrients are broken down



TERMS

- Underweight a person who is lighter than the standard for their height
- Overweight a person who is heavier than the standard for their height
- **Obesity** a BMI of 30 or higher



Health Risks of Overweight

Increased cholesterol

- Increased risk of strokes or heart disease
- Diabetes
- Cancer
- Asthma
- Bone, joint & muscle problems



Health Risks of Underweight

Anemia

- Heart irregularities
- Regulating body temperature
- Improper nutrition
- Osteoporosis
- Death



Menu Project