


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.

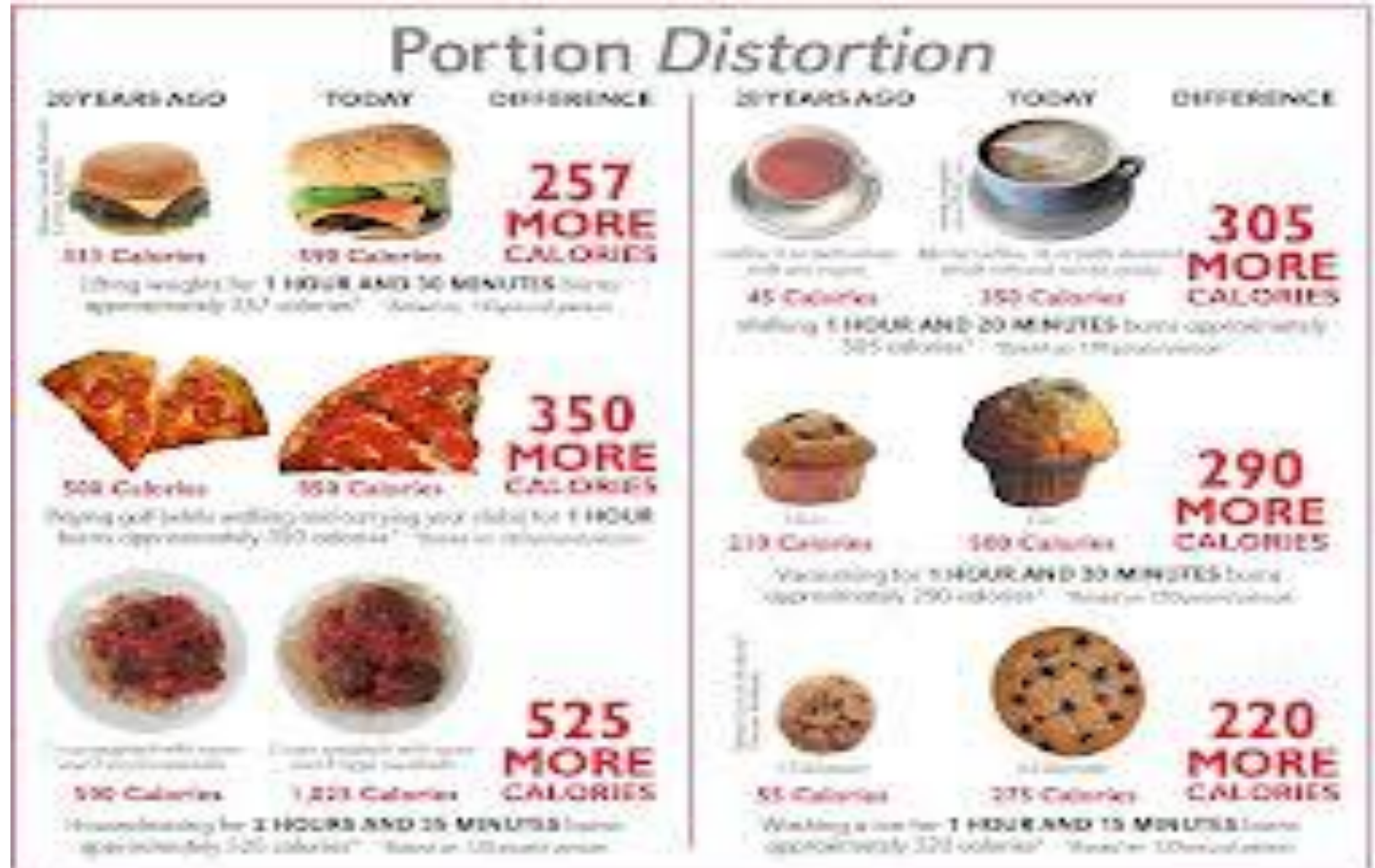
Why weight problems today??



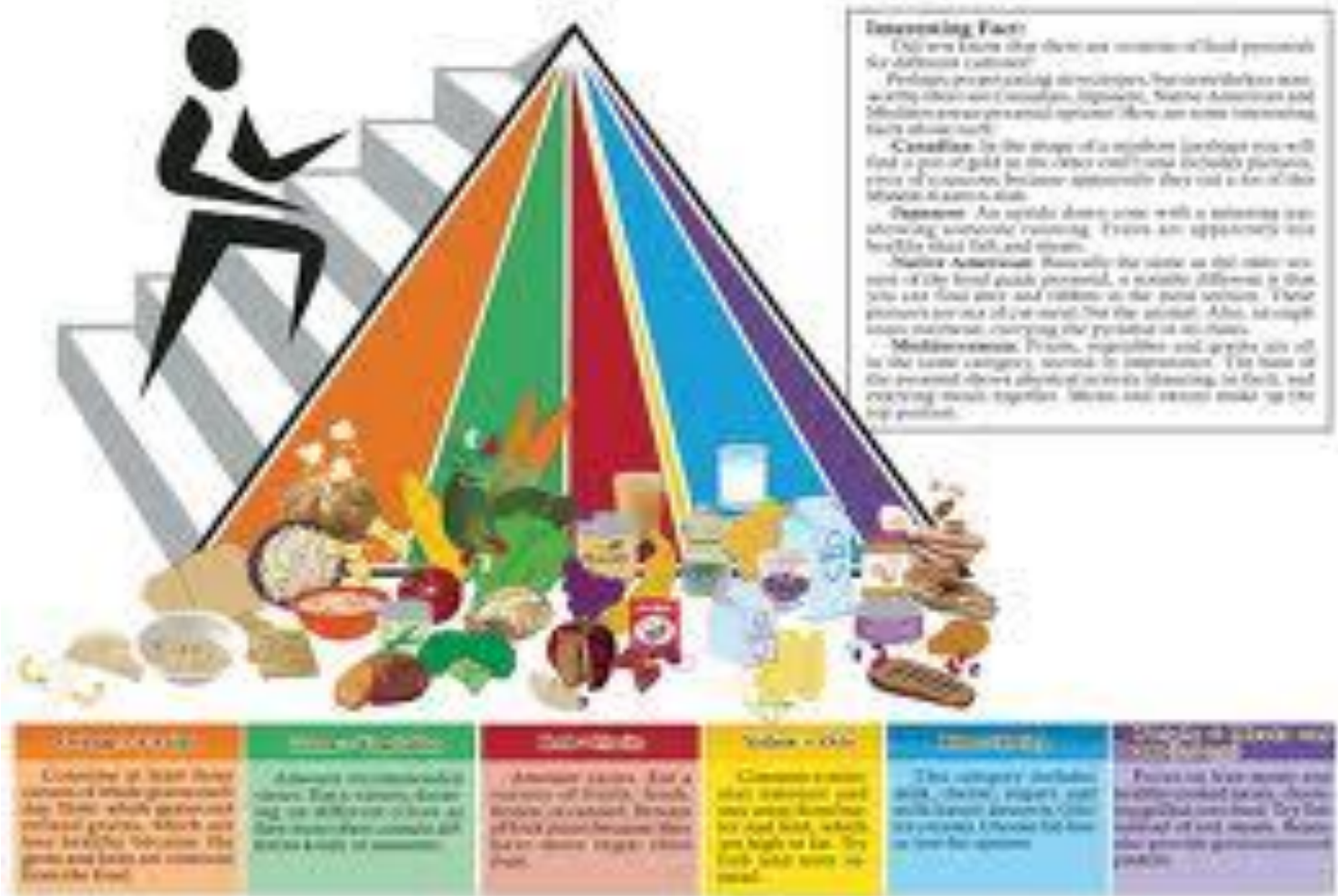
Portions Quiz

- <http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>

Portion Distortion



My Daily Food Plan



Daily Food Plan

- Individualized plan
- Based on age, gender, height, weight and activity level
- www.choosemyplate.gov
- Provides calorie intake and how much to eat from each food group

Daily Food Plan Assignment

- www.choosemyplate.gov

Body Mass Index (BMI)

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


BMI Chart

- http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf

6 Nutrients

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



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

Carbohydrates

Simple

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



Complex

- Energy
- Grains
- Cereal, bread, pasta, oatmeal, vegetables...
- Provides **Fiber**: tough substance in food
- Keep digestion system healthy



Protein

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

- **Complete**

Contain all 20 amino acids

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

- **Incomplete**

Contain some of the amino acids

Grains, nuts, beans, seeds, vegetables...



Vitamins

Help w/ digestion, metabolism and other bodily processes

Fat Soluble

A, D, E & K

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

① **Start Here** →

② **Check Calories**

④ **Limit these Nutrients**

⑤

⑥

⑦

⑧

⑨ **Get Enough of these Nutrients**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 20%	
Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

③ **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

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