

Open Ended Question

Please list 2 of the 6 essential nutrients we learned about yesterday and explain their function.

Unit 2: Healthy Eating

Lesson 2: Creating a Healthy Eating Plan

The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services have developed the Dietary Guidelines for Americans.

Nutrition

Nutrition is the process of taking in food and using it for energy, growth, and good health.

Good nutrition allows your body to grow and function in a healthy way.

The USDA created the MyPlate food system to help you make healthful food choices.

<http://www.choosemyplate.gov/>

Calorie

A calorie is a unit of heat that measures the energy available in foods.

The MyPlate suggestions are based on your age, gender, and level of physical activity.

How Many Calories Do You Need?

Gender/Age	Sedentary Lifestyle	Moderately Active Lifestyle	Active Lifestyle
Females, Age 9–13	1600 calories per day	1800 calories per day	2200 calories per day
Males, Age 9–13	1800 calories per day	2000 calories per day	2600 calories per day

RDA: Calories & Fat

- The average girl age 9 to 13 needs about 1,800 calories and 50 to 70 grams of fat, while the average boy within the same age range requires about 2,100 calories and 58 to 82 grams of fat daily.

Sodium & Sugar

- -The American Heart Association recommends 1,500 mg of sodium a day
- -Both the U.S. Department of Agriculture and the World Health Organization recommend everyone consume no more than 10 percent of daily calories from added sugars.
- Teens: no more than 5-8 teaspoons


Physical Activity



What Are Your Food Group Needs Based on Calories?

Your Calorie Level	1600	1800	2000	2200	2400	2600
Fruits	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups
Vegetables	2 cups	2.5 cups	3 cups	3 cups	3 cups	3.5 cups
Grains	5 ounces	6 ounces	6 ounces	7 ounces	8 ounces	9 ounces
Meat and Beans	5 ounces	5 ounces	5.5 ounces	6 ounces	6.5 ounces	6.5 ounces
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	5 tsp.	5 tsp.	6 tsp.	6 tsp.	7 tsp.	8 tsp.
Extra Calories	132	195	267	290	362	362

PROPER PORTION SIZE



1 tennis ball  =  1 small fruit
(1/2 serving fruit)

1 deck of cards  =  3 ounces of steak
(3 ounces of protein)

1 computer mouse  =  1/2 cup cooked pasta
(1 ounce grain)

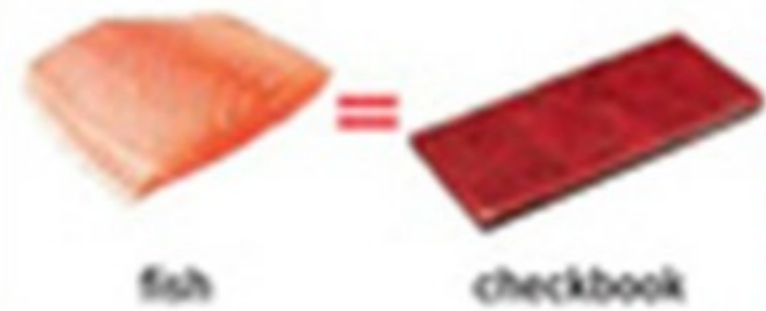
1 light bulb  =  1/2 cup vegetables

1 golf ball  =  2 tbsp. peanut butter
(2 ounces of protein)

2 dominos  =  1 ounce cheese
(1.5 oz natural cheese **or**
2 oz processed cheese
= 1 serving dairy)

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.



Eat a Variety of Foods

You can't get all the nutrients you need from just one food group.

Try to get 45 to 65 percent of your food calories from carbohydrates, especially from low-fat, nutrient-rich foods.

Does this look like
something Americans
would eat?



TIME TO SCALE BACK

Portion sizes have been growing, so have we. Burgers today are three times bigger than they were in the 1950s, and men are, on average, 28 pounds heavier. At this rate, imagine the size of a burger in 2050! But, we can work together to make healthy living easier. Scale back when eating out by ordering the smaller portion, sharing with a friend, or eating half and taking the rest with you. And, ask the restaurant manager to offer smaller-sized options.



1955



AVERAGE WEIGHT OF A MAN (LBS)



2006



AVERAGE WEIGHT OF A MAN (LBS)



2050?



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/TimeToScaleBack

**PORTIONS HAVE GROWN
SO HAS TYPE 2 DIABETES, WHICH
CAN LEAD TO AMPUTATIONS**



THEN

NOW

CUT YOUR PORTIONS. CUT YOUR RISK.

» Call 311 for your Healthy Eating Packet

Made possible by funding from the Department of Health and Human Services.
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Michael R. Bloomberg
Mayor
Thomas Farley, MD MPH
Commissioner

**PORTIONS HAVE GROWN
SO HAS OBESITY, WHICH CAN LEAD
TO MANY HEALTH PROBLEMS**



CUT YOUR PORTIONS. CUT YOUR RISK.

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NYC
Health

Michael R. Bloomberg
Mayor
Thomas Farley, MD MPH
Commissioner

Portion Distortion

20 YEARS AGO

TODAY

DIFFERENCE

Renee Comet, National Cancer Institute



333 Calories



590 Calories

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



1 cup spaghetti with sauce and 3 small meatballs

500 Calories



2 cups spaghetti with sauce and 3 large meatballs

1,025 Calories

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO

TODAY

DIFFERENCE



Coffee, 8 oz (with whole milk and sugar)

45 Calories



Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

350 Calories

305 MORE CALORIES

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* **Based on 130-pound person*



1.5 oz

210 Calories



4 oz

500 Calories

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

Renee Comet, National Cancer Institute



1.5 diameter

55 Calories



3.5 diameter

275 Calories

220 MORE CALORIES

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* **Based on 130-pound person*

AMERICANS CONSUME ABOUT

130 LBS



▶ 1822

THE AVERAGE AMERICAN CONSUMED 45G OF SUGAR, THE AMOUNT FOUND IN ONE OF TODAY'S 12-OUNCE SODAS,

▶ 2012

WE NOW CONSUME 765G OF SUGAR EVERY 5 DAYS



▶ U.S. SUGAR CONSUMPTION

130 LBS
120 LBS
100 LBS
80 LBS
60 LBS
40 LBS
20 LBS



THE AVERAGE AMERICAN CONSUMES 3 LBS OF SUGAR EACH WEEK OR
3,550 POUNDS IN AN ENTIRE LIFETIME

THAT'S ABOUT
1,767,900 SKITTLES



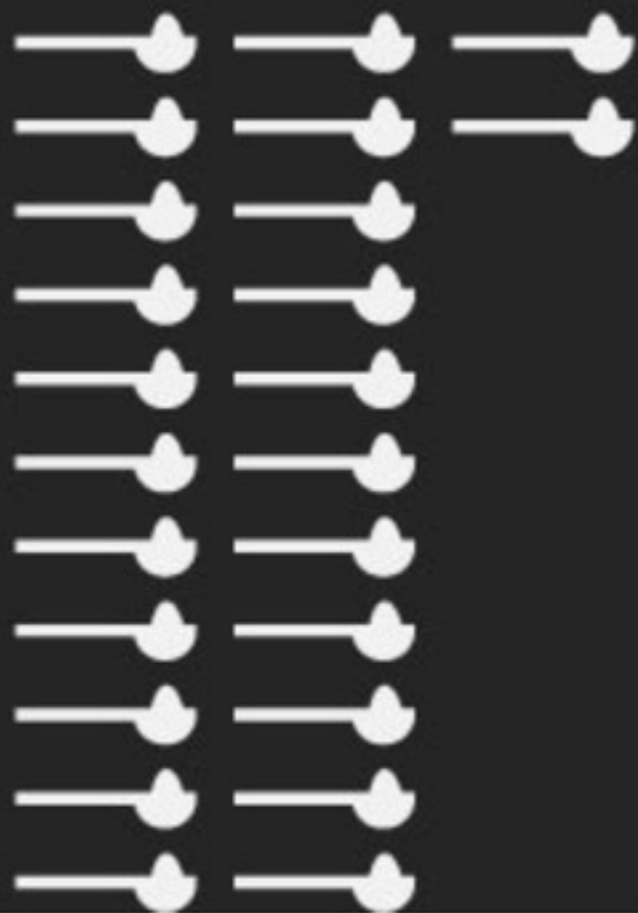
NO MORE THAN

9.5 TEASPOONS

PER DAY

▶ THE AVERAGE ADULT:

22 TEASPOONS
PER DAY



▶ THE AVERAGE CHILD:

32 TEASPOONS
PER DAY



Healthful Eating Habits

Tips for creating healthful eating habits include:

- Eat a variety of food from all the food groups in the recommended amounts.
- Pay attention to your portions.
- Keep the amount of high-fat or sugary foods to a minimum.
- Don't skip meals.

Begin the Day with a Healthful Breakfast

By the time you wake up in the morning, you may have gone 10 to 12 hours without eating.

If you start your day with a healthful breakfast you will have energy for later in the day.

- Eat foods that are high in complex carbohydrates
 - Oatmeal with fruit and milk, or eggs and toast
- Drink a glass of low-fat milk and orange juice
- Take breakfast with you if you are in a hurry
 - String cheese, yogurt, fruit, whole-grain bagel

Smart Snacking

When snacking, choose foods that are nutrient dense.

Nutrient dense means having a high amount of nutrients relative to the number of calories.

Packing a Healthful Lunch

- If you eat a sandwich, use whole-grain bread
- Consider a salad and choose fat-free dressing
- Cheese sticks or yogurt will give you protein and calcium
- A cereal bar will give you carbohydrates
- Eat fruit
- Drink unsweetened fruit juice or bottled water

Keeping Foods Safe

Keep your hands, utensils, and surfaces clean.

Separate raw, cooked, and ready-to-eat foods.

Cook foods thoroughly.

Chill when necessary.

Serve safely.

Follow directions.

When in doubt, throw it out.

Warm Up/Ticket Out the Door

Please get an Ipad and WebQuest from Coach Binnion's room and work quietly on your warm up 😊

List 2 of your favorite snacks that you like to eat, then list 2 alternative snacks that would be a healthier choice.

What did you learn from the portion distortion slideshow and how could you manage your portion sizes better?

Calorie

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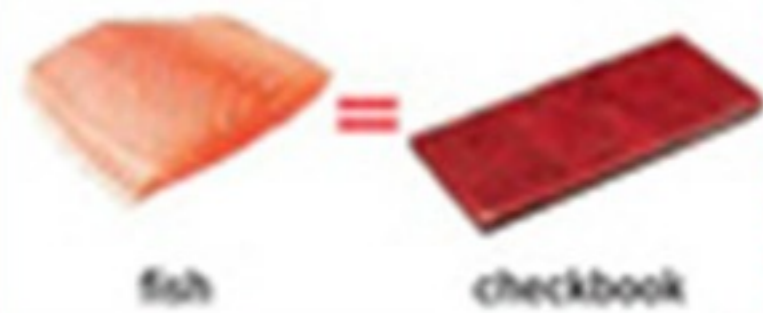
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