

# Open Ended Question

**Can you list the 6 essential nutrients? What do you think constitutes a healthy meal?**

# What nutrients do you need?

Nutrients are substances that your body needs to grow, have energy, and stay healthy.

Your body needs the nutrients in food to perform activities of daily life.

## Six Types of Nutrients

Carbohydrates

Proteins

Fats

Vitamins

Minerals

Water

# Carbohydrates

Carbohydrates are the starches and sugars found in foods.

Your body uses carbohydrates as its main source of energy.

## Two Types of Carbohydrates

Simple

Complex

Fiber is a *complex carbohydrate* that the body cannot break down for energy.

Some fiber is found in the tough, coarse part of plant foods such as the bran in whole-grain wheat and oats.

# Proteins

Proteins are the nutrient group used to build and repair cells.

Proteins are made up of compounds called amino acids.

## Two Types of Proteins

Complete

Incomplete

# Fats

Fats are nutrients that promote normal growth, give you energy, and keep your skin healthy.

Fats help build and maintain your cell membranes. They also carry vitamins A, D, E, and K to all parts of the body.

- - - - -

Saturated fats are usually solid at room temperature and are found in meat, poultry, butter, and other dairy products.

Over time, eating too many saturated fats can increase the risk of heart disease and other diseases.

# Fats

Your body makes two types of cholesterol.

Cholesterol is the waxy, fat-like substance that the body uses to build cells and make other substances.



Blood levels of LDL (bad) cholesterol can rise if you eat too much trans fat, or trans fatty acids.

Trans fatty acids are a kind of fat formed when hydrogen is added to vegetable oil during processing.

# Vitamins

Vitamins are compounds that help to regulate body processes.

Some vitamins help your body fight disease, while others help your body produce energy.



# Minerals

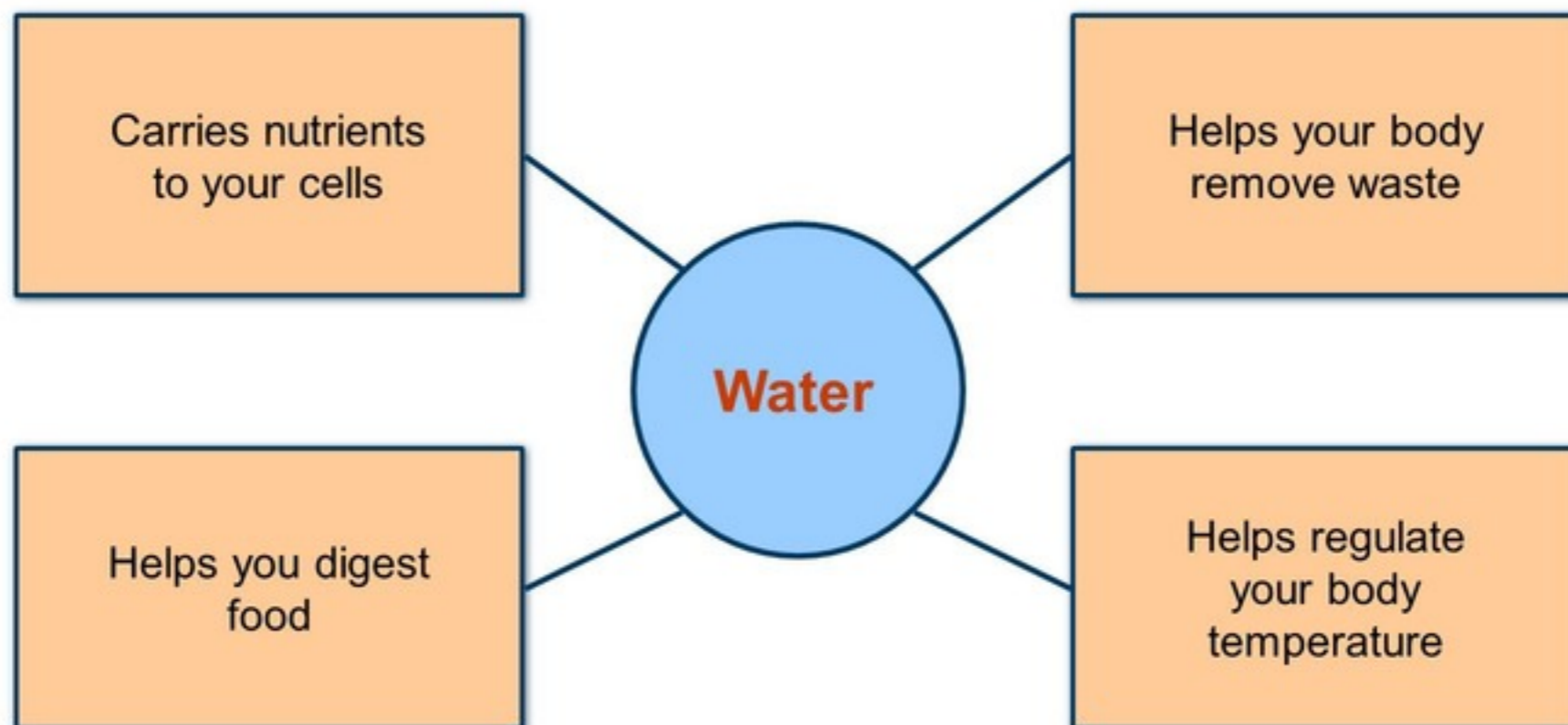
Minerals are substances that the body uses to form healthy bones and teeth, keep blood healthy, and keep the heart and other organs working properly.

**Minerals are important to your health!**

Mineral	What It Does	Where to Find It
Iron	Helps make red blood cells	Meat, poultry, beans
Calcium Magnesium Phosphorus	Helps build teeth and bones and keeps them strong	Milk, cheese, and other dairy products
Potassium Sodium Chloride	Helps maintain the body's fluid balance	Bananas, cantaloupe, fish, vegetables, meats such as chicken and turkey

# Water

A person can only live about one week without water.



# Quiz

## The 6 essential nutrients are...

- Water
- Fat
- Carbs
- Protein
- Grains
- Vitamins
- Minerals
- Potassium

# Make Smart Food Choices

- Eat a variety of nutritious foods every day.
- Choose to eat fruit instead of drinking fruit juices.
- Vary your vegetables and eat more of them.
- Half of the grains you eat should be whole grains.
- Eat enough calcium-rich foods.
- Eat a variety of protein-rich foods.
- Go easy on foods that are high in saturated fats.
- When you eat meat, choose lean cuts and dishes that are baked, broiled, or grilled.

# Avoid Too Much Sugar & Salt

## Too Much Sugar...

- Fills you up and makes you less likely to eat healthy foods
- Promotes tooth decay
- Is stored as fat, causing weight gain

## Too Much Salt...

- Can increase blood pressure

# Balance Food & Physical Activity

Try to match how physically active you are with the amount of food you eat.

To stay at a healthy weight, you need to eat just what your body requires for energy.

# Get the Nutrition Facts

**What is the total amount of fat in the product? How much of that fat is saturated? How much of that fat is trans fat?**

**The serving size is the portion most people eat. The amounts listed for calories, nutrients, and food substances are based on one serving of the package's contents.**

**How many calories does one serving contain? How many of those calories come from fat?**

**The % Daily Value column helps you judge the amounts of the listed nutrients in one serving of the product. The general guideline is that 20 percent or more is a lot and 5 percent or less isn't very much.**

**This section shows the suggested amounts of nutrients and food substances the average person should aim for each day. Your individual needs may be higher or lower.**

**This shows the percentage of Daily Values for selected vitamins and minerals in one serving of the food.**

Amount Per Serving: % Daily Value*	
<b>Total Fat</b> 6g	10%
Saturated Fat 0.5g	3%
Trans Fat 1.5g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 2g	9%
Sugars 11g	
<b>Protein</b> 4g	

\*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g

**Nutrition Facts**  
 Serving Size: 2 bars (42g)  
 Servings Per Package: 1  
**Calories** 180  
 Calories from Fat 60  
 Vitamin A 40% • Vitamin C 0%  
 Calcium 0% • Iron 6%

## Keep this in mind:

Corn syrup, dextrose, and sucrose are all types of sugar. If they are among the first three items in a product's ingredients list, the amount of added sugar is high.



# Quiz

## Water helps our bodies

- Regulate Temp.
- Digest Food
- Keeps us hydrated
- Carries nutrients to cells
- Remove Waste



# Nutrition Facts

Serving Size 1 oz. (28g/About 12 chips)  
 Servings Per Container About 9

## Amount Per Serving

**Calories** 150      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 2g      **6%**

Sugars less than 1g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Vitamin E 6%      •      Thiamin 4%

Riboflavin 2%      •      Vitamin B<sub>6</sub> 4%

Phosphorus 4%      •      Magnesium 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

Calories per gram:  
 Fat 9      •      Carbohydrate 4      •      Protein 4

**Ingredients:** Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean and/or Sunflower Oil), Corn Maltodextrin, Salt, Tomato Powder, Corn Starch, Lactose, Whey, Nonfat Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK INGREDIENTS.**

# 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

# Quiz

**How many calories should a boy your age consume?**

1200

1600

1800

**How many calories should a girl your age consume?**

1200

1600

1800



# 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



# Quiz

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

- Calorie
- Nutrition
- Nutrients

\_\_\_\_\_ is a unit of heat that measures the energy available in foods.

Fat


Energy

Calorie

## 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

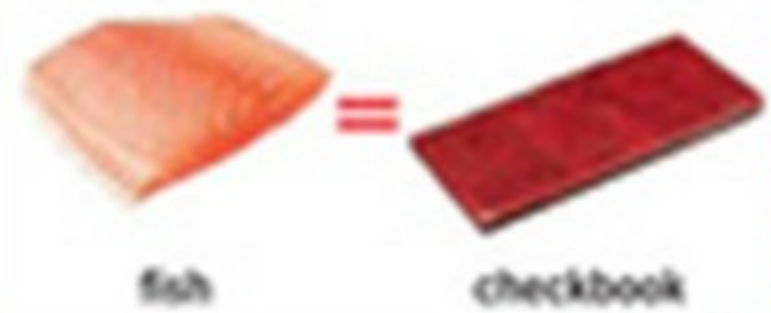
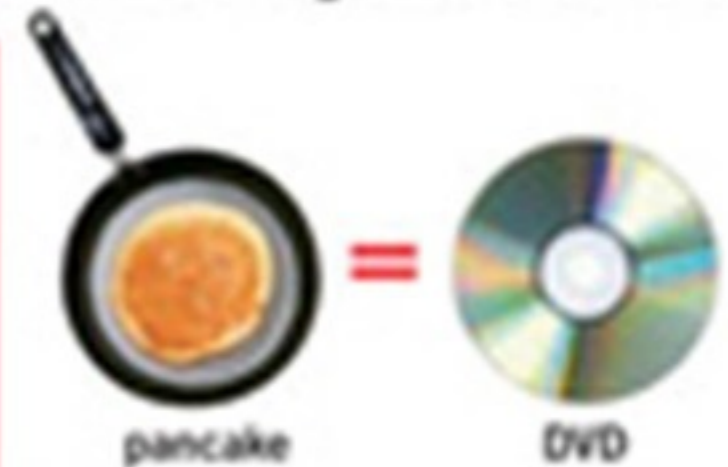
1 golf ball  =  2 tbsp. peanut butter  
(2 ounces of protein)

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.



Do you think this is a balanced breakfast? Why or why not? (write under warm up)



# 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?



AVERAGE WEIGHT OF A MAN (LBS)



FOR MORE INFORMATION, VISIT  
[MakingHealthEasier.org/TimeToScaleBack](http://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

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**NYC**  
Health

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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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*



# 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.

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**



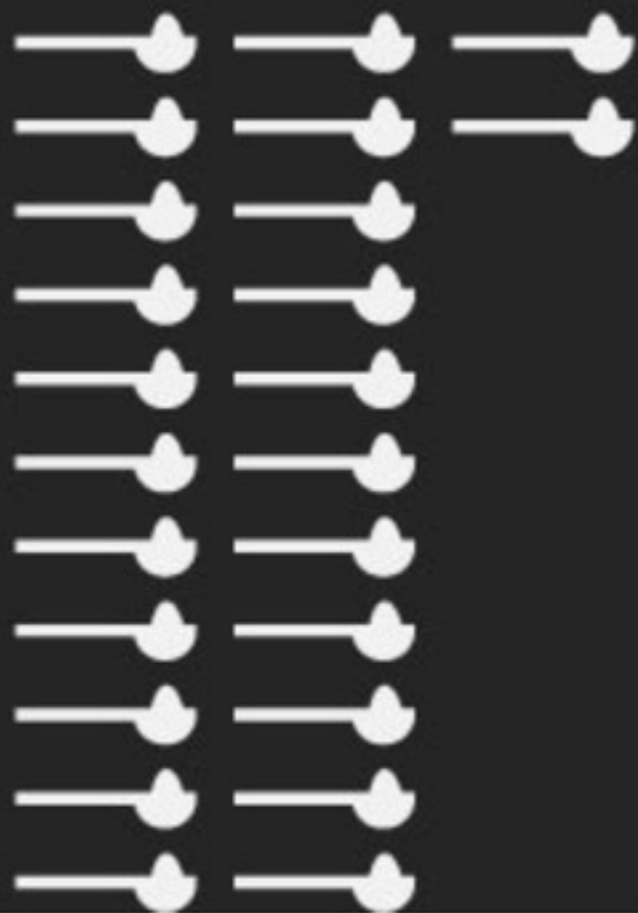
NO MORE THAN

# 9.5 TEASPOONS

PER DAY

▶ THE AVERAGE ADULT:

**22** TEASPOONS  
PER DAY



▶ THE AVERAGE CHILD:

**32** TEASPOONS  
PER DAY



# 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.



# Open Ended Question

**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?**