

Healthy Eating



by Liza Cohen

My Capstone

Two Components!

Part 1: Constructing a portfolio of healthy meals

Part 2: Presenting to my SLA community about healthy eating

Part 1

Go to this link: https://docs.google.com/document/d/1xf07J1a0mEIFw8XI_8181opWrVS5d84wrrgYdIV_ULQ/edit?usp=sharing

OR

Check it out in the school announcements soon!

This is Big Bill



35 years old

250 pounds

Wants to lose 50 pounds

Part 2:

Benefits of healthy eating

Downfalls & Dangers of non-healthy eating

Tips & Tricks: What can you do to eat healthier?

Understanding the Nutrition Label

My Family and I: Routines

Did you know...

Resources

Further questions, comments, suggestions

Raise Your Hand If You...

Read the nutrition label

Eat when you are not hungry

Skip breakfast

Eat dessert, fast food

Eat fruits, veggies

Exercise

Drink soda

Benefits

Live longer: reduces risk of heart disease, heart attacks

More energy to be more productive

Happier, less stressed

Saves money

Look, feel better



Downfalls & Dangers

66% increase of productivity loss



Overweight

Depression

Less energy



Cancer, heart disease, strokes

Downfall in school/work performance



Tips & Tricks

Dine In



Make easy replacements/substitutions

Read nutrition labels

Incorporate fruits & veggies as much as possible

Eat nutrient-dense food frequently throughout the day

Don't starve

Exercise

Understanding the Nutrition Label

Nutrition Facts	
Serving Size 2 CUPS (30g)	
Servings per Container VARIED	
Amount per Serving	
Calories 150	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	6%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 1g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* 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

Knowing what nutrients represent and what the terms mean can help you figure out what you need to incorporate more into your diet and which nutrients you need to avoid.

Serving Size



Indicates how much of the nutrients you are getting

Represents how many servings you can get out of this one container that you purchased

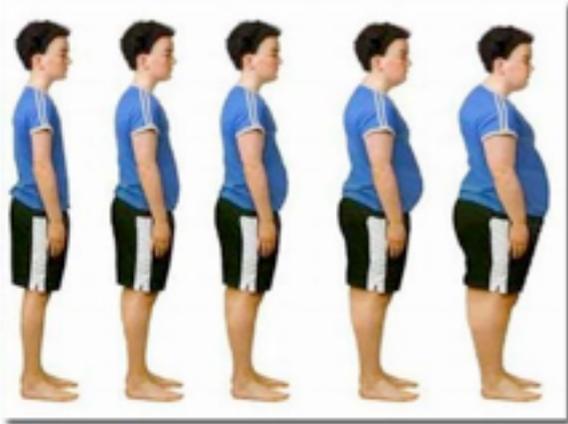
An influence on how much food you are consuming.

If you eat more than the serving size, you are eating more of the nutrients

Serving Sizes



Calories (calories from fat)



Calories 150 Calories from Fat 70



Main supplement that provides energy for the human body

Excess calories are stored as fat

The fat accumulating inside those cells will begin to expand

Physically noticeable as your body gains weight

Half or less of calories from fat out of the total amount of calories!

Limit These!

Total Fat 7g	11%
Saturated Fat 1.5g	6%
Cholesterol 0mg	0%
Sodium 120mg	5%

Limiting these nutrients will help you maintain a healthy diet. These are the nutrients that can put you at the most risk for being unhealthy.

Limiting Nutrients: Fat

Total Fat 7g	11%
Saturated Fat 1.5g	6%

Shows how much fat is consisted in the food packaging

SF: Molecules that have no double bonds between carbon molecules because they are saturated with hydrogen molecules.



Major impact on your cardiovascular system



Eating foods with SF raises the level of LDL cholesterol ("bad" cholesterol)

You can decrease your chances of these risks by consuming healthy unsaturated fat

Limiting Nutrients: Fat

Unsaturated Fat:



Fatty acid where there is at least one double bond within the fatty acid chain.

Helps lower cholesterol and prevent cardiovascular diseases



Contain fewer calories than saturated fats

Trans Fat:

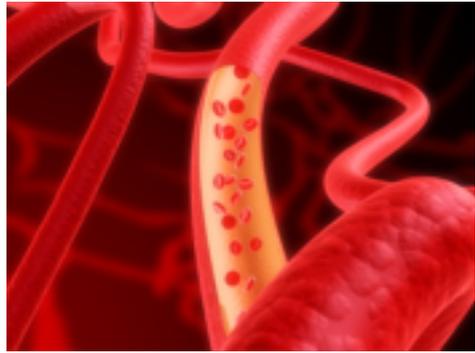


Hydrogenation: when manufacturers turn liquid oils into solid fats

Clogged arteries

Minimum of 25% to 35% of fat for your total calorie intake, 7% towards saturated fats, 1% towards trans fat

Limiting Nutrients: Cholesterol



Cholesterol 0mg

0%

Substance found in most body tissues and is produced by the liver

Creates vitamin D, builds cell walls, salts that help you digest fat

1,000 milligrams from liver

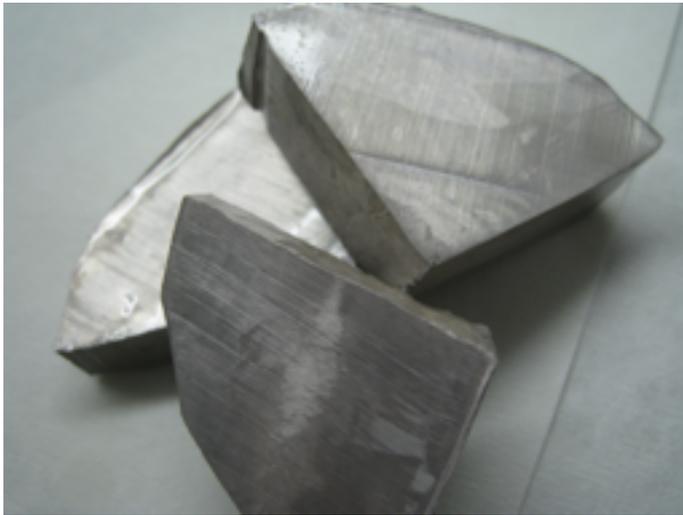
150 to 250 milligrams of cholesterol from the foods they eat

“High-density lipoproteins” (HDL) - “good cholesterol”

“Low-density lipoproteins” (LDL) - “bad cholesterol”

LDL clogs blood vessels and HDL carries cholesterol back to the liver where it belongs

Limiting Nutrients: Sodium



Sodium 120mg **5%**



Chemical element that turns into compound

Sodium-chloride = edible salt

Right amount = controls the volume and pressure of your blood

Too much = damages your kidney function, digestive system, skeletal system, and cardiovascular system

Excess sodium leads to high blood pressure; over-working the heart

Can affect stomach lining

Can cause osteoporosis & kidney stones

Supposed to consume less than 2400 milligrams of sodium each day

Get Enough of These!

Total Carbohydrate 20g	7%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 1g	

These are the nutrients you need to consume enough of. These are the most helpful nutrients for your body and a balance of all of them will insure the most benefits for your body.

Balancing Nutrients: Total Carbohydrates

Total Carbohydrate 20g 7%

Form from individual sugar molecules

Breaks them down into individual sugar molecules and turns them into glucose

Simple carbohydrates: 1 or 2 sugar molecules & are found in foods like fruits, vegetables, and in milk

Complex carbohydrates: 3 or more sugar molecules & are found in foods like bread, pasta, rice.



45% to 65% of your daily calories
300 grams of carbohydrates everyday



Balancing Nutrients: Dietary Fiber



Dietary Fiber 4g

15%



Complex carbohydrate

Decreasing chances of getting Type 2 diabetes, high blood sugar, obesity

Nutrients in the diet that are not digested by gastrointestinal enzymes

Passes through the stomach, small intestines, colon, and then out of your body

Helps slow down the absorption of sugars

Tends to be more chewy; which slows down the process of digesting foods

Balancing Nutrients: Sugars



Sugars 9g



Sucrose, fructose, and lactose
Simplest type of carbohydrate

Natural or added

Limiting your consumption of added sugar to 25% of your daily calories or 125 grams of a 2,000 calorie diet

Can elevate blood levels & weaken your immune system

Can elevate insulin levels

Insulin is a hormone your pancreas produces in response to rising blood levels

Lead to chronic diseases

Balancing Nutrients: Protein



Protein 1g

Large biological molecules consisting of long chains of amino acid

Repairs cells, building blocks for the body



Reduces hunger and decrease body fat

Aids many aspects of health

Male: 56 to 91 grams a day

Female: 46 to 75 grams a day



What Should Bill Do?

Eat less calories than he burns

Burn more calories than he consumes

Track calories

Minimize fat, cholesterol, & sodium

Balance fiber, carbohydrates, sugar, & protein

Exercise

What Do I Do?

Run 4-5 days a week: 40-50 miles

Chocolate (Almond) Milk after working out/running

Meals: fruit stand, \$2.50 oatmeal bar @ Whole Foods, pack lunch, \$1.69 Lara Bars @ Trader Joes

Breakfast: smoothies, oatmeal, fruit, no cereal or yogurt

Lunch: sandwich, fruit, granola bar

Snacks: apples, bananas with peanut butter, carrots, smoothies

Dinner: chicken, salad, pasta, fish

No dessert, soda, candy, chips, cookies, juices, etc

Rest Days: treat myself

What Does My Family Do?

Mom: workout class twice a week

Dad: workout class, spinning, individual workout 2-3 times a week

Sister: walks everywhere

No popular name brand foods

NO: soda, sugar cereal, junk food

YES: granola bars, veggies, fruit, yogurt

Cravings: pizza, soda, ice cream, cookies, dining out

Shop at Whole Foods & Trader Joes

Resources

My Fitness Pal: <https://www.myfitnesspal.com/>



Food Tracker: <https://www.supert tracker.usda.gov/foodtracker.aspx>



Calorie Count: <http://www.acaloriecounter.com/>



Run Keeper: <http://runkeeper.com/>



Fitstar Personal Trainer: <http://fitstar.com/personal-trainer/>



Sworkit: <http://sworkit.com/>





Did You Know...



Families spend \$850 per year on soft drinks

80% of food commercials aired on Saturday morning children shows are for junk food

Women who eat junk food when pregnant/while breast-feeding have children who are prone to obesity

The U.S. has a \$23 billion candy market

Healthiness of the food we eat decreases by 1.7% for every hour that passes in the day

1 in 4 people eat some type of fast food daily

Reflection

If you could change one thing or aspect about your health (eating habits, way you exercise, etc), what would it be?

**Any further questions,
comments, or
suggestions?**



Sources

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Thank You!

