

# Module Title: Healthy Eating

## Microlesson Title: Nutrition for Health

*Title: Importance of Nutrition*

### 6 Essential Nutrients

- **Carbohydrates** - The main energy source for the brain. Without carbohydrates, the body could not function properly. Sources include fruits, breads and grains, starchy vegetables and sugars. Make at least half of the grains you consume whole grains. Whole grains and fruit are full of fiber, which reduces the risk of coronary heart disease and helps maintain normal blood glucose levels.
- **Protein** - Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein. Nine of the 20 amino acids, known as essential amino acids, must be provided in the diet as they cannot be synthesized in the body. Ten to 35 percent of your daily calories should come from lean protein sources such as low-fat meat, dairy, beans or eggs.
- **Fat** - Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K. Twenty to 35 percent of your daily intake should come from fat. Choose healthy options such as omega-3-rich foods like fish, walnuts and vegetable-based oils. Omega-3s help with development and growth. Limit intake of saturated fats such as high-fat meats and full-fat dairy. Other smart choices include nuts, seeds and avocado.
- **Vitamins** - Vitamin C is necessary for the synthesis of collagen, which provides structure to blood vessels, bone and ligaments. Rich sources include citrus fruits, strawberries and peppers. Folate, found in foods, helps to prevent birth defects. Pregnant women or women who plan to become pregnant should speak with their physician about taking a folic acid supplement, the synthetic form of folate, in addition to their diet. Vitamin D helps to maintain calcium homeostasis. It can be found in food sources or synthesized by the sun.
- **Minerals** - Sodium helps to maintain fluid volume outside of the cells and helps cells to function normally. Keep intake under 2,400 milligrams per day. Potassium maintains fluid volume inside and outside of cells and prevents the excess rise of blood pressure with increased sodium intake. Rich sources include bananas, potatoes and tomatoes. Calcium helps to maintain and build strong bones and teeth. Include three servings of calcium-rich foods per day including milk, low-fat cheese and yogurt.
- **Water** - Water helps to maintain homeostasis in the body and transports nutrients to cells. Water also assists in removing waste products from the body. All beverages and high-moisture foods such as soup and watermelon contain water and count towards your daily water requirement. Adults should consume 25 to 35 milliliters of fluids per kilogram body weight or 2 to 3 liters per day.

## **Your best food choices**

- Focus on fruits: Eat a variety of fruits. Fresh whole fruits that provide fiber are a better choice than fruit juices.
- Vary your veggies: Vegetables fall into several categories. These categories include dark green vegetables, such as broccoli, kale, and spinach. Orange vegetables include such as carrots, pumpkins, winter squash. Try to eat a good mix of different types of vegetables each day.
- Get your calcium-rich foods: Low-fat and fat-free dairy products are good choices.
- Make half of your grains whole: Get at least three ounces of brown rice or whole grain cereals, breads, crackers, and pasta each day
- Go lean with protein: Choose lean meats and poultry. Prepare them by grilling, baking, or broiling.
- Limit certain foods: Avoid foods that are high in fat – especially saturated fats and trans fats. Also limit foods with salt or added sugars.

## **Eating right away from home**

- Watch portion sizes: Restaurant meals have grown larger over the years. If you think the serving size is more than you need, try splitting the meal with a friend or taking home leftovers.
- Pay attention to how foods are prepared: Anything fried is likely to be high in fat. Grilled, baked, or broiled foods are healthier choices.
- Add vegetables and fruits: The salad bar can be a health-conscious eater's best friend. If not, order a salad or ask for extra veggies on your sandwich.
- Go easy on toppings: High-fat sauces, mayonnaise, butter, and sour cream add fat and calories to a dish.
- Don't drink your calories: Choose water instead of soft drinks to satisfy your thirst instead of adding unneeded calories.

## **Nutritional claims**

- Free – The food contains none or an insignificant amount of a component.
- Low - You can eat this food regularly without exceeding your daily limits.

- Light – A food labeled as “light” must contain one-third fewer calories, one-half the fat, or one-half the sodium of the original version of the product.
- Reduced – The food contains 25 percent fewer calories or 25 percent less of a certain nutrient than the original product.
- High – The food provides at least 20 percent of the daily value of a vitamin, mineral, protein, or fiber.
- Good source of – The food provides 10 to 19 percent of the daily allowance of a vitamin, mineral, protein, or fiber.
- Healthy – Foods described as healthy must be low in fat or saturated fat.

## Microlesson Title: Managing Weight

*Title: Managing Weight*

### Managing your weight

- **Target a healthy weight:** Learn your ideal weight range from a health professional.
- **Set realistic** – Eat a consistently healthful diet and exercise regularly.
- **Personalize your plan** – Incorporate foods you enjoy into your daily foods.
- **Put your goals and plan in writing** – Write down your goals and plan.
- **Evaluate your progress** – Track your weight on a weekly basis.

### Healthful ways to lose weight

- **Choose nutrient-dense foods** – Fruits, vegetables, and whole grains supply nutrients with fewer calories.
- **Watch portion sizes** – Stick to recommended portion sizes for each meal.
- **Be active** - Exercise regularly.
- **Stay hydrated** – Teens should drink between 9 and 13 cups of fluid each day.
- **Eat fewer foods that are high in fats and added sugars** – These add calories without many nutrients.

### Healthful ways to gain weight

- Select foods from the five major food groups that are higher in calories – Choose whole milk instead of low-fat or fat-free milk.
- Choose higher-calorie, nutrient-rich foods – Examples include nuts, dried fruits, cheese, and avocados
- Eat nutritious snack – Enjoy healthful snacks more often to increase your daily caloric intake.
- Get regular physical activity – If you’re increasing your calorie intake to gain weight, don’t forget exercise. Physical activity will ensure that most of the weight you gain is muscle.

### Fad diets

- **Miracle foods** – These plans promise you can “burn fat” by eating lots of a single food or type of food. There is no single food that can destroy fat. Moreover, eating only certain types of food will not give your body all the nutrients you need.
- **Magic combinations** – These plans promise that certain foods will trigger weight loss when they are eaten together. The food combinations may be safe to eat as part of a healthy diet, but there’s no evidence that combination certain foods will lead to weight loss.
- **Liquid diets** – These plans replace solid food with ultra-low-calorie liquid formulas. These diets can lead to dangerous side effects if they are followed incorrectly.
- **Diet pills** – Some diet pills and supplements claim to suppress your appetite so that you eat less. Diet pills can be addictive. In addition, they may cause drowsiness, anxiety, a racing heart, or other serious effects.
- **Fasting** – Fasting deprives the body of needed nutrients and can result in dehydration.
- **When changing your diet, you should consult your doctor to make sure the diet is healthy.**

## Microlesson Title: Healthy Eating

*Title: Eating Disorders and Lifelong Nutrition Presentation*

### Eating disorders

- **Anorexia nervosa** – An eating disorder in which an irrational fear of weight gain leads people to starve themselves.
- **Bulimia nervosa** – An eating disorder that involves cycles of overeating and purging or attempts to rid the body of food.
- **Binge eating disorder** – An eating disorder in which people overeat compulsively.
- **Seeking help** – Eating disorders are serious and dangerous illnesses. People with these disorders need help to overcome them. Medical help may involve counseling, nutritional guidance, a doctor’s care, and in extreme cases, a hospital stay.

### Lifelong Nutrition

- **Age** – During your teen years, your body’s caloric needs increase to support your growth. As you get older, your needs will change based on your physical activity level.
- **Gender** – On average, females tend to need fewer calories than males. Throughout their lives, females have a greater need for nutrients, like iron and calcium.
- **Activity level** – The more active you are, the more calories your body needs. Very active people need to consume more calories, preferably from nutrient-dense foods, to maintain their weight.

### Health Conditions

- **Diabetes** – People with diabetes must monitor their eating carefully to make sure their sugar level stays in a healthy range. Those who are overweight may find that losing weight helps them control their sugar level.

- **Food allergies** – Food allergies can range from merely annoying to life threatening. People with severe food allergies must avoid the foods and food allergies
- **Lactose intolerance** – People with this food intolerance can't easily digest the lactose in milk and some dairy products.
- **Celiac disease** – also known as gluten intolerance, this condition makes people unable to tolerate a protein called gluten found in wheat, rye, and barley.
- **High blood pressure** – Consuming salt can raise a person's blood pressure.
- **High cholesterol** - People with high cholesterol may need to reduce their intake of saturated fats and trans-fat.

## Microlesson Title: Physical Activity and Healthy Eating

*Title: Physical Activity and Healthy Eating Presentation*

### Mental and Emotional Benefits of Physical Activity

- **Stress Relief** – Being active stimulates your body to produce chemicals called endorphins. This results in a feeling of well-being, aids relaxation, and relieves physical pain.
- **Mood enhancement** – Physical activity is a natural mood lifter. Physical activity also promotes the production of other brain chemicals that combat anxiety and depression.
- **Better sleep** – Moderate activity at least three hours before bedtime helps you relax and get to sleep more easily.
- **Improved self-esteem** – The physical fitness you develop through increased activity can translate into more self-confidence.

### Elements of fitness

- **Cardiorespiratory endurance** is the ability of your heart, lungs, and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity.
- **Muscular strength** is the amount of force your muscles can exert.
- **Muscular endurance** is the ability of your muscles to perform physical tasks over a period without tiring.
- **Flexibility** is the ability to move your body parts through a full range of motion.
- **Body composition** is the ratio of fat to lean tissue in your body.

### Factors when planning a personal activity program

- **Cost** – Some activities require expensive equipment. Borrow or rent equipment when trying new sports or activities.
- **Where you live** – Choose activities that you can do close to home and are a good fit for your region.
- **Your schedule** – Choose activities that fit your schedule and habits.

- **Your fitness level** – Start slowly and choose activities that are right for your level of fitness.
- **Your overall health** – Do you have a health condition that may impact your exercise plan.
- **Personal safety** – When choosing activities, make sure that the environment where you perform the activity is safe.