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/1xf07J1a0mElFw8XI_LQ/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

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
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!

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.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percent of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>6%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
</tr>
</tbody>
</table>
Limiting Nutrients: Fat

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

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

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!

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

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

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

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

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.supertracker.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 breastfeeding 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

http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm


http://kidshealth.org/teen/food_fitness/nutrition/cholesterol.html

http://www.webmd.com/cholesterol-management/guide/understanding-numbers

http://www.poliquingroup.com/ArticlesMultimedia/Articles/Article/1133/Twelve_Amazing_Benefits_of_ProteinThe_Most_Importa.aspx


http://authoritynutrition.com/how-much-protein-per-day/
Thank You!

Friday, May 22, 15