



Unit V – Wellness, Fitness and First Aid

Chapter 6 - Controlling Fat

Section 2 – Planning a Balanced Diet



What You Will Learn to Do

Estimate your body fat content



Objectives

1. Identify the risks of obesity
2. Explore tendencies that encourage fat accumulation
3. Define current and desired state for healthy lifestyle
4. Identify steps that can lead to a lean body fat content
5. Relate food intake and physical activity to weight control



Planning a Balanced Diet

Up and down the street, families begin the day with a healthy breakfast.



Lin Family:

- Soybean soup
- Bean curd (tofu)
- Rice



Gilmore Family:

- Bran muffins
- Orange juice
- Cereal with milk



Planning a Balanced Diet

Culture (a way of life including customs and beliefs) influences one's food choices.

Food is an important aspect of culture; different groups consume different foods.

Think about what foods you might choose for breakfast.





Planning a Balanced Diet



Breakfast Menu Items	Vegetable Group	Fruit Group	Dairy Group	Meat-Poultry-Fish-Dry Beans-Eggs-Nuts Group	Grain Group
Yogurt/fruit; Whole-wheat toast		✓	✓		✓
Peanut Butter/bread; orange juice; milk		✓	✓	✓	✓
Tortilla with beans/cheese; vegetable juice	✓		✓	✓	✓
Cream of tomato soup; cracker/cheese	✓		✓		✓



Planning a Balanced Diet

Factors affecting the types of food consumed:

- Culture and personal preferences
 - Dislike fish
 - No red meat for health reasons
- Peer pressure
 - Eating differently when with friends
- Economic situation
 - Cannot afford certain foods

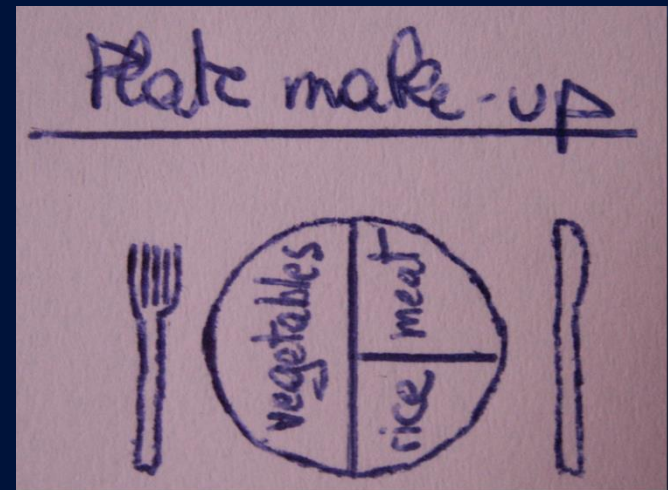


Planning a Balanced Diet

When making decisions about what to eat, consider the **nutritional content**.

Whatever your preferences, there are many ways to meet your nutritional needs.

By using your imagination, you can have a variety of well-balanced meals and snacks.





Meals

What is your favorite meal...
breakfast, lunch or supper?

Whichever is your favorite,
it and your other meals
should provide a balance
of healthy nutrients.





Breakfast

Do not skip **breakfast**. It may be the most important meal, because you have fasted overnight.

Your body needs food, and a good balanced breakfast can provide 1/3 of your daily needs.

Skipping breakfast may also result in your being more tempted to eat unhealthy snacks when you get hungry later.





Lunch

School cafeterias provide **nutritionally balanced** meals. Some offer nutritious snacks, salad bars and special diet foods.



Make sure you choose nutrient-dense foods for this 1/3 of your daily needs. A turkey sandwich on whole-wheat, a salad, milk and an orange would be a great choice.



Supper



In the United States, the biggest meal is generally in the evening. You may be less active after this meal, so it should not account for more than $\frac{1}{3}$ of your daily calories.

It's also your opportunity to fill the gaps in your **Food Guide Pyramid** for the day, such as foods from the vegetable group.



Snacks

If chosen wisely, snacks can contribute well to your nutritional needs. Unfortunately many are high in calories, fats and sugars, but low in nutrient density. This can easily cause unwanted weight gain.

Here are some good snack choices, with high nutrient density and lower calories:

Instead of....	Try....
Cookies or candy	Fruit
Doughnut	Bagel
Chips	Unbuttered popcorn



Fast Foods



If you eat fast food several times a week, you may be surprised at how that breaks down, and how the calories add up!

Calories and Fat in a Typical Fast-Food Meal

Food	Total Calories	Calories from Fat	% Calories from Fat
Double cheeseburger	490	245	50%
French Fries	330	160	49%
Chocolate shake	290	14	5%
Total for whole meal	1,110	419	38%



Fast Foods

Many fast-food meals are high in fat and calories, but you can reduce that by:

- Having low/non-fat milk or orange juice instead of a shake or soft drink
- Selecting the salad bar instead of fries or onion rings
- Choosing grilled chicken instead of hamburger
- Using sauces and dressings sparingly
- Tasting your food before adding salt

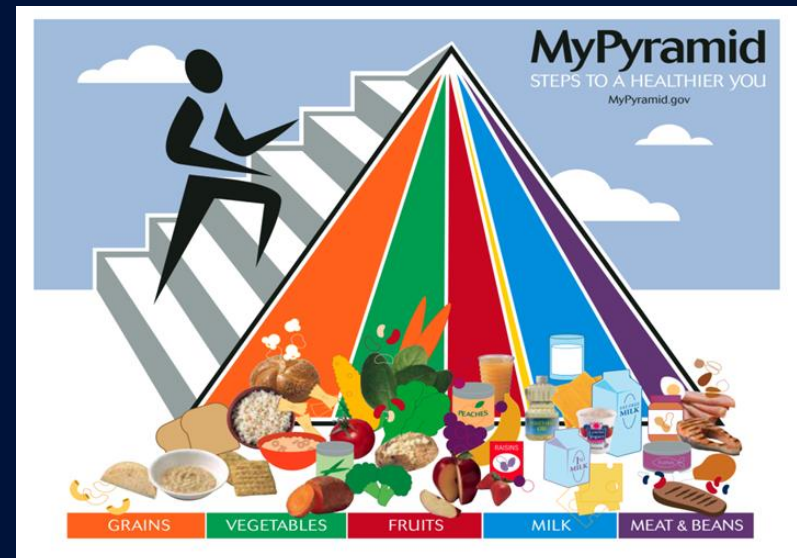


Improving Your Diet

The **Food Guide Pyramid** can help you select your foods.

Nutrition experts also recommend other ways to improve the American diet...

The **Dietary Guidelines for Americans** can help here.





Improving Your Diet

Dietary Guidelines for Americans

- Eat a variety of foods
- Balance food with physical exercise
- Choose a diet:
 - With plenty of grains products, vegetables, and fruits
 - That is low in fat, saturated fat and cholesterol
 - That is moderate in sugars
 - That is moderate in salt
- Adults should use alcohol in moderation



Changing Nutritional Needs

Your body changes throughout life, and so do your nutritional needs.

Teenagers need ample **protein** and **calcium** to support physical growth.

Iron is important too:

- Girls use iron during menstruation
- Boys need additional iron to support developing muscle mass



Changing Nutritional Needs

Activity levels generally decrease after adulthood and decline further with age.

Since energy needs decline, adults need to watch their calorie intake. They also may need to increase their **fiber** to aid digestion.

With proper attention to nutrition, older adults can certainly live healthy and vigorous lives.





Managing Your Weight

Would you like to change your weight?

Are you admiring someone else and trying to achieve an unrealistic and maybe unhealthy goal? ...

Some who do this may develop **anorexia** or **bulimia**.

Some people have good reasons for weight change, but it should be for health, not just to be considered beautiful or handsome.

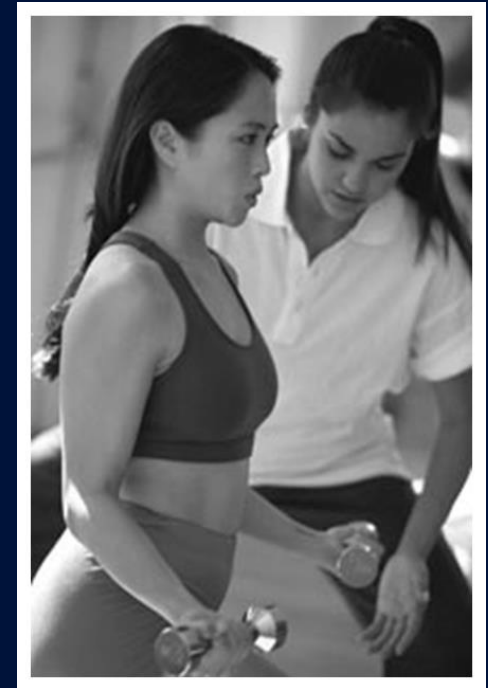


Assessing Your Weight

Cassie and Thuy are the same height, but Cassie is ten pounds heavier.

Thuy is smaller-boned than Cassie but has a larger **muscle mass**.

A person's appropriate weight depends on many factors. Yours is one that you feel comfortable with, and that is healthy.





Assessing Your Weight

Rather than weight, **body fat** should be your concern. There are various tests to measure body fat.

One test is a skin-fold caliper that measures accumulated fat deposits under the skin.



Without a caliper, you can get a rough idea by pinching the back of your upper arm and estimating the thickness. If it's more than one inch (2.5 centimeters), you may have excess body fat.



Appetite, Hunger and Metabolism

If you do need to change your weight, you will need to adjust your eating habits for the weight change, and long-term for weight maintenance.

To **maintain** weight, “calories-in” needs to equal “calories-used.”

Remember that calories are **units of energy**.

Too many = stored as fat

Too few = lose weight



Appetite, Hunger and Metabolism

If you are trying to change your eating habits, you should understand the physical and emotional factors around them.

HUNGER	APPETITE
Physical Discomfort	Emotional
Based on Need	Based on Want
Inborn	Learned

When you smell a turkey roasting in the oven, your appetite may make you want to eat...because you've learned to associate that aroma with a delicious taste.



Appetite, Hunger and Metabolism

Appetite and hunger are not the only factors that affect eating behavior....



- **Emotional stress** can affect eating behavior. Some people crave more food, and others lose their appetite.
- Some people eat because they are bored, or because they are with others.



Dangers of Obesity

People are overweight when they are **10%** above appropriate weight; obesity occurs when they are **20%** above.

Obese people can suffer:

- High blood pressure
- Difficulty breathing
- Increased risk of
 - Heart attack and stroke
 - Diabetes
 - Arthritis
 - Certain cancers





Reducing Weight and Fat Safely



For a sensible weight loss program, choose nutritionally balanced meals and snacks.

You want to reduce calories, but choose low-calorie foods that are high in nutrient density.



Recognizing Eating Patterns

Plan your diet. **Keep a record** of what you currently eat using calorie guides to approximate calories eaten, and also note how you feel.

When you review your diary, you may discover **eating patterns** of which you were not aware. Some find that their overeating corresponds with:

- Disappointment
- Depression
- Excitement
- Fatigue



Planning Helpful Strategies

Strategies that will help you eat sensibly:

- Do not try to lose weight too fast
- Take small portions, and eat slowly
- Substitute enjoyable behavior, rather than eating
- Save some food from meals, and use it as a snack

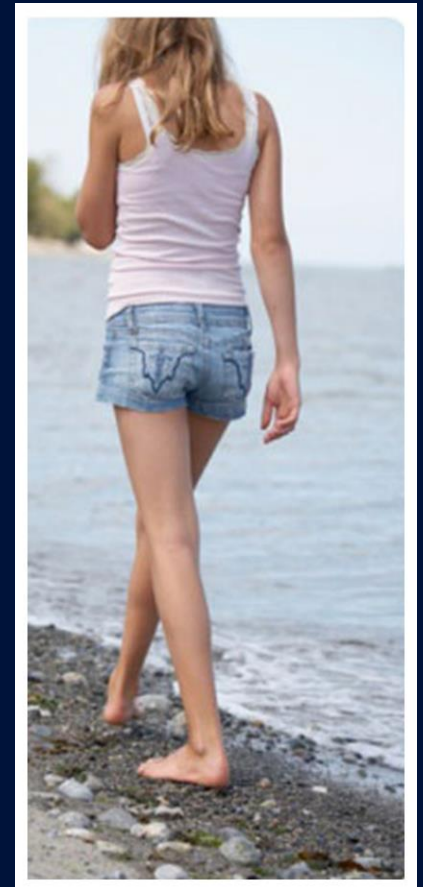
Don't be upset if you occasionally overeat. Just let it go, and return to sensible eating.



Exercising

Weight reduction should involve exercise such as walking, dancing or swimming.

Decreasing your calorie intake without exercise lowers your BMR, and as a result, you don't burn calories as rapidly. Weight loss will slow or stop.





Fad Diets, Diet Aids and Fasting

Many who want to lose weight want to lose it quickly. They rely on strategies such as **fad diets**, **diet pills**, or **fasting**.

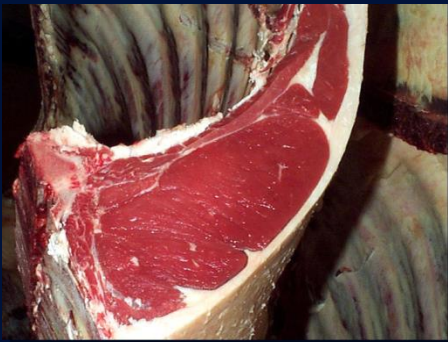
These approaches are unrealistic and unsafe.





Fad Diets

Fad diets may help to lose weight but without regard for nutrition or other health matters. The weight loss is usually only **temporary**.



They range from high protein/low carbohydrate diets to special ingredients that are supposed to help burn fat.

When a person becomes bored with the limited food choices of a fad diet, he/she stops dieting and begins to overeat again – often gaining more weight than before.



Diet Pills

Diet pills and candies are supposed to suppress the appetite but are usually ineffective and habit-forming.



Caffeine in these pills can cause nervousness, sleeplessness, and high blood pressure.

Diet aids do not provide long-term weight control. It's far better to **change your habits** instead!



Fasting

People who refrain from eating all food are **fasting**. It is not a healthy way to lose weight; you lose muscle tissue as well as fat.

Long-term fasting may:

- Stunt your growth
- Strain your kidneys
- Cause hair loss
- Cause irregular menstrual cycles



Gaining Body Weight Wisely

You are **underweight** if you weigh at least **10%** less than appropriate – but some people are naturally thinner than others.

Teenagers need a lot of calories for growth, and some may not put on weight until their early twenties.

Thinness is not a problem unless it is **excessive** and an indication of health problems. In that case, you should consult a doctor.



Gaining Body Weight Wisely

You can gain weight by changing habits that keep you too thin, such as:

- Eliminating snacks before meals that curb your appetite
- Choosing nutrient-dense foods high in calories
- Never skipping a meal; taking bigger portions
- Exercising to build healthy muscle tissue
- Some suggested foods are listed next....





Nutrient-Dense Foods



Food	Calories
Banana-nut bread 1 slice	135
Bean salad $\frac{3}{4}$ cup	280
Whole Milk 8 oz. (202 grams)	150
Cheddar Cheese 1 oz. (28 grams)	114
Peanut butter 3 tbsp. (48 grams)	282
Brazil nuts 1 oz. (28 grams)	186
Raisins $\frac{1}{2}$ cup	217
Sardines 3 oz. (85 grams)	177



Dieting Myths and Facts

Myth: Eating starchy foods, such as bread and pasta, will make you gain weight.

Fact: Starchy foods (complex carbohydrates) have fewer calories per ounce than fats.

Myth: You can lose a lot of weight just by exercising.

Fact: To lose a pound by exercising alone, you would need to run for 4 ½ hours or do aerobics for more than six hours.



Dieting Myths and Facts

Myth: You can lose weight if you don't eat breakfast.

Fact: Omitting any meal is likely to make you overeat at the next meal. If you skip breakfast, you will probably eat an extra-large lunch.

Myth: You can lose weight by eating only one food, such as grapefruit, bananas, rice or celery.

Fact: Because one-food diets are monotonous and nutritionally inadequate, dieters return to previous eating patterns and regain weight.



Dieting Myths and Facts

Myth: Drinking caffeine always makes your appetite decrease.

Fact: Caffeine can make the level of sugar in your blood drop. This can make you hungry.

Myth: After you lose weight, you can then resume your former eating habits.

Fact: Maintaining weight loss means changing eating and exercise patterns for the rest of your life.



Questions?

