

session

3

*Eat Well & Keep  
Moving* Principles  
of Healthy Living

# **Health Promotion and Disease Prevention**

# **Healthful Diets and Positive Food Choices**

- **Help children grow, develop, and do well in school**
- **Help people work productively and feel their best**
- **Reduce the risk of chronic diseases such as heart disease, stroke, certain cancers, and osteoporosis**

# Energy

- **Three food components provide the body with energy**
- **Carbohydrate = 4 calories per gram**
- **Healthy carbohydrate sources: whole grains, beans, fruit, some vegetables**
- **Protein = 4 calories per gram**
- **Healthy protein sources: lean meats, poultry, fish, eggs, beans, nuts**
- **Fat = 9 calories per gram**
- **Healthy fat sources: olive oil, canola oil, vegetable oil**

# Nutrients

- **Carbohydrate**
- **Protein**
- **Fat**
- **Vitamins**
- **Minerals**
- **Water**

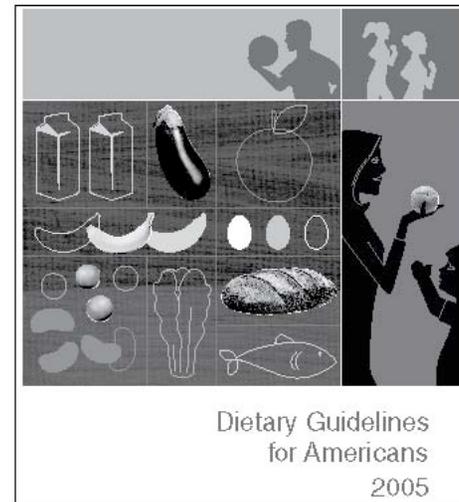
# Water, Water Everywhere

Choose water to quench  
your thirst!



# Nutrition Tools for Consumers

- ***Dietary Guidelines for Americans***
  - Nutrition and physical activity advice for healthy Americans aged 2 and up
- **Nutrition Facts**
  - Food label
  - Provides nutrition information on individual foods



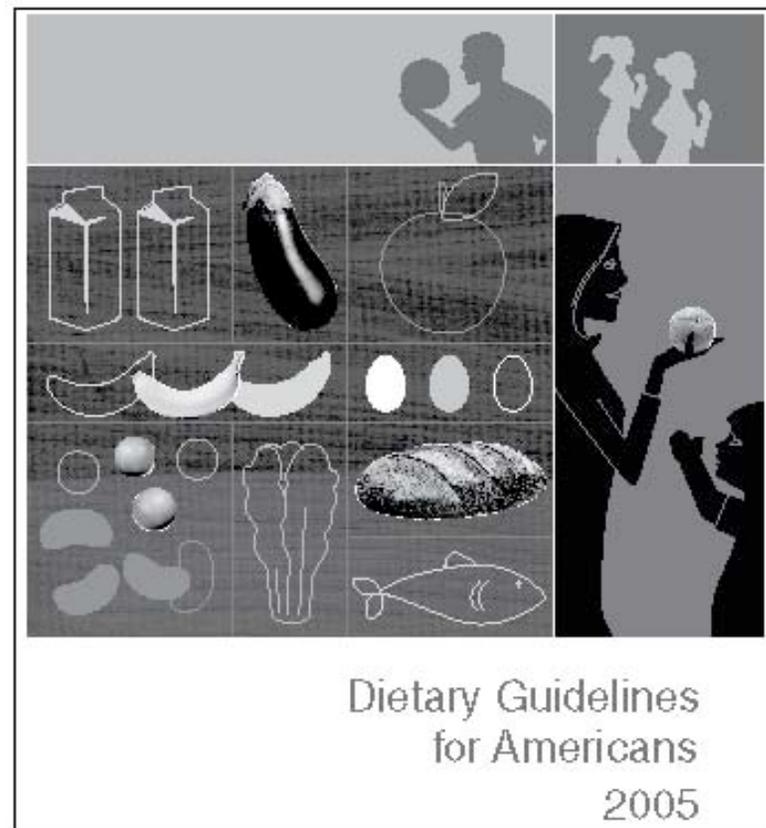
Nutrition Facts	
Serving Size (cup) (28g)	Servings Per Container (2)
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	25%
– Saturated Fat 9g	15%
– Trans Fat 0g	
<b>Cholesterol</b> 31mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 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	

Saturated fat per serving  
Trans fat per serving  
Choose foods that have 0g of trans fat

% DV of saturated fat. Foods with a DV for saturated fat of 5 or less are low in saturated fat. Foods with a % DV for saturated fat of 20 or more are high in saturated fat. The daily goal is to choose foods that together contain less than 100% of the DV for saturated fat.

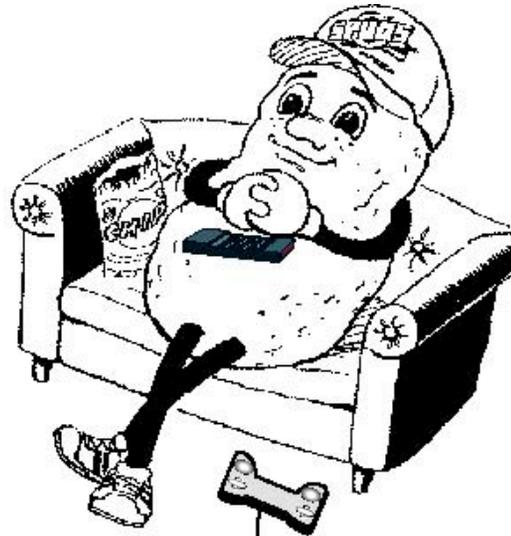
# *Dietary Guidelines for Americans 2005*

- **Basis of school meals and the National School Lunch Program**
- **Helps Americans make healthy food choices *over time***

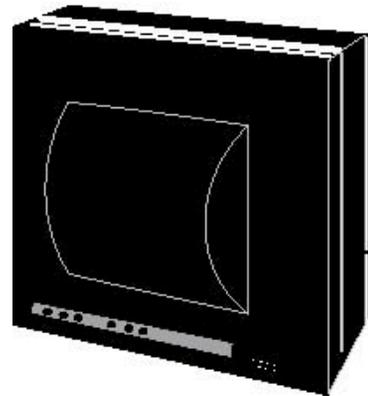


# **Benefits of Regular Physical Activity**

- **Helps you build healthy bones and muscles**
- **Helps you maintain a healthy weight or lose weight if you are overweight**
- **Gives you more energy**
- **Improves your mood and reduces your anxiety and stress**
- **Improves your blood pressure and cholesterol levels**



Couch  
potato



# Principles of Healthy Living

- **Eat 5 or more servings of fruits and vegetables each day.**
- **Choose whole-grain foods and limit foods and beverages with added sugar.**
- **Choose healthy fat, limit saturated fat, and avoid trans fat.**
- **Eat a nutritious breakfast every morning.**
- **Be physically active every day for at least an hour per day.**
- **Limit TV and other screen time to no more than 2 hours per day.**

# Group Discussion on the Principles of Healthy Living

## **Eat 5 or More Servings of Fruits and Vegetables Each Day**

- **Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber.**
- **Getting at least 5 a day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.**
- **Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).**

## **Choose Whole-Grain Foods**

- **Whole grains contain fiber, vitamins, and minerals; refining strips away these nutrients.**
- **Refined grains get digested and absorbed quickly, which can cause sugar levels in the blood to spike and then drop a bit too low.**
- **Choose whole grains whenever possible; make at least half of the grain servings you consume each day whole grains.**

# **Limit Foods and Beverages With Added Sugar**

- **Sweetened drinks contain empty calories—they basically contain just sugar and water.**
- **Sugary foods and drinks are quickly absorbed and so cause blood sugar levels to spike.**
- **Research suggests that consuming sugar-sweetened beverages is associated with excess weight gain in children and adults.**

## **Choose Healthy Fat, Limit Saturated Fat, Avoid Trans Fat**

- **Healthy fat can help lower the risk of heart disease, stroke, and possibly diabetes.**
- **Unhealthy fat—saturated and trans fat—increase the risk of heart disease, stroke, and possibly diabetes.**
- **Limit saturated fat to no more than 10% of total calories.**
- **Avoid trans fat, since it raises the risk for heart disease in many ways and may increase the risk for diabetes.**

# **Eat a Nutritious Breakfast Every Morning**

- **Breakfast gives the body the energy it needs to perform at school, work, or home.**
- **Research has shown that breakfast can improve learning, and it helps boost overall nutrition.**
- **Many common breakfast foods are rich in whole grains.**

## **Be Physically Active Every Day for at Least an Hour per Day**

- **Regular physical activity helps prevent diabetes, heart disease, and some cancers.**
- **Children and teenagers need at least 60 minutes per day.**
- **Adults need at least 30 minutes per day; 60 minutes may be needed to prevent weight gain.**
- **Physical activity can be accumulated in 10-minute bouts throughout the day.**

# **Limit TV and Other Screen Time to No More than 2 Hours per Day**

- **The more TV you watch, the less time you have to engage in physical activity.**
- **Watching more TV means watching more ads for unhealthy foods, which can lead to eating extra calories.**
- **Keep TV time to no more than 1-2 hours per day.**
- **Keep total screen time, including watching TV, playing computer games, watching DVDs, and Web surfing—to no more than 2 hours per day.**

**Questions?**