

Nutrition



Nutrients: substances in food that your body needs to function

Carbohydrates

Protein

Fats

Vitamins

Minerals

Water

Carbohydrates

Complex (Good)

- Whole Grain Breads
- Fruit
- Starchy Vegetables
 - Potatoes, Peas
- Pasta
- Rice
- Beans
- Anything with fiber
- Oats/cereal

Simple (Not so good)

- White flour products
- Anything with added sugar
- Candy
- Juice
- Doughnuts
- Soda/Energy drinks

SUGAR TOO MUCH OF A SWEET THING

The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. Even one 20 oz. soda contains far more than that.

6 teaspoons added sugars for women per day

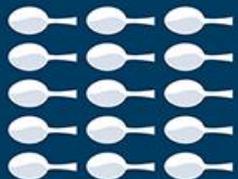


9 teaspoons added sugars for men per day

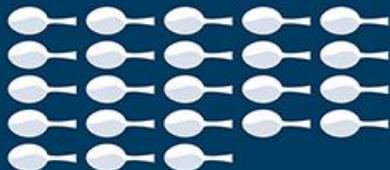


VS

15 teaspoons of sugars in a 20 oz. Coke



23 teaspoons Actual added sugars consumed by average American per day



385 Calories consumed daily from added sugars by the average American

SUGAR

AMERICA'S ADDICTION

IT'S A GROWING TREND

In the 1800s the average American consumed 18 pounds of dietary sugar per year. Today the average American consumes 150 pounds of dietary sugar per year.

That's a **733%** increase in sugar consumption.

WE LOVE OUR SWEETS



Most people eat **100%** of their daily sugar allowance during breakfast

1/2 of Americans drink at least a soda a day

1 soda per day = **55 pounds** of sugar per year

Mississippi, Alabama, Tennessee are the top 3 states for obesity. All 3 states are at the top in soda consumption with **71-80 gallons** of soda consumed per year

Sugar stimulates the brain's release of dopamine and serotonin, producing a euphoric effect similar to illicit drugs.

The average American only eats **25 lbs** of green veggies a year

The American Heart Association recommendations:
 ✓ **6** teaspoons of added sugar daily for Women
 ✓ **9** tsp. of added sugar daily for Men

Ice Cream is eaten by **90%** of U.S. households

Americans consume **19 quarts** a year



THE REALITY
 The average adult consumes **22 tsp** of added sugar a day. Teens consume **34 tsp** of added sugar daily.

Feeling Sick?

SYMPTOMS OF SUGAR INTOXICATION

- Headaches
- Gas
- Upset Stomach
- Mood Swings
- Fatigue
- Fogginess

FAT FREE
 Fat free fruit yogurt has **180%** more sugar than plain Greek yogurt

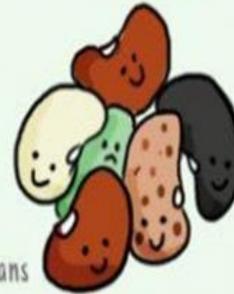
HIGH FIBER FOODS



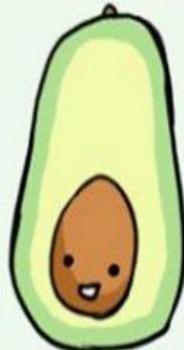
Brown Rice



Kale



Beans



Avocados



Raspberries



Broccoli



Oats



Green Peas



Bran Cereal

A diet high in fiber lowers your cholesterol, keeps you fuller longer, and reduces your risk of heart disease, constipation, hemorrhoids, diverticulitis, colon cancer, high blood sugar, diabetes and obesity.

Protein

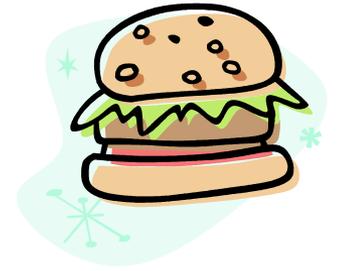
Best Sources

- Fish
- Lean meats
 - Chicken
 - Turkey
- Nuts
- Eggs
- Beans
- Legumes



Other Sources

- Beef products
 - Steak
 - Hamburger
 - Ground beef
- Cheese

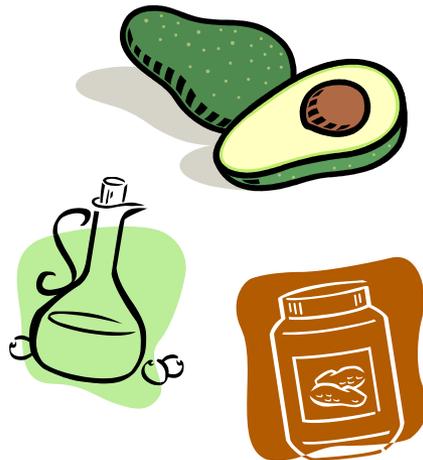


Fats



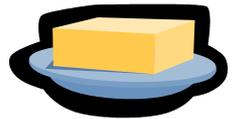
Unsaturated (Good)

- Liquid cooking oils (olive, canola, peanut, etc.)
- Avocados
- Peanut Butter
- Nuts
- Seeds



Saturated/Trans (Bad)

- Beef
- Cream/Whole milk (and products that use)
- Butter
- Baked goods
- Fried foods



Unsaturated vs. Saturated Fats



GOOD
Unsaturated Fats VS



BAD
Saturated Fats



Your Diet

Your daily diet should be:

40% Carbohydrates

- Unused carbs turn into fat!!
- Mostly complex carbs (whole grains)

30% Proteins

30% Fats

- Mostly unsaturated fats
- Too much “bad” fat contributes to cholesterol



Balance Your Meals!



Healthy Eating Habits

- Eat whole wheat/ whole grain foods
- Choose fruits & vegetables for snacks
- Limit added sugar & high fat food products
- Choose FISH, LEAN MEATS & Non-meat (beans, nuts) items for your protein.
- Go easy on the fast food (Food is healthier when you prepare it)
- Nuts & Seeds are great snacks too
- Pick your beverages wisely, water is best!
- Low-fat dairy products (Skim, or 1%)
- Bake, Grill, or Broil Food. The less fried the better.
- Practice MINDFUL eating. Eat @ a table.
- Read Food Labels- 5 or less ingredients, with the first few being something other than sugar.



Other Nutrients:

Vitamins

Minerals

Water

