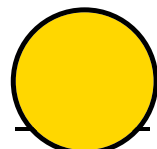


Feb 15, 2019

Eating for Wellness

Warm-Up



 % of teens who consume 5 or more servings of fruits and vegetables each day.

Six problems with our eating habits

1. Too few fruits and vegetables
2. Too little fiber
3. Too much saturated fat
4. Too many added sugars
5. Too much sodium
6. Too much food overall (i.e. calories)

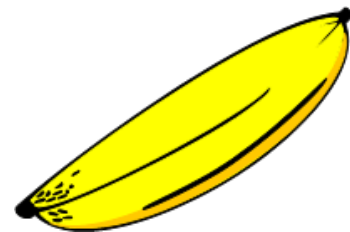
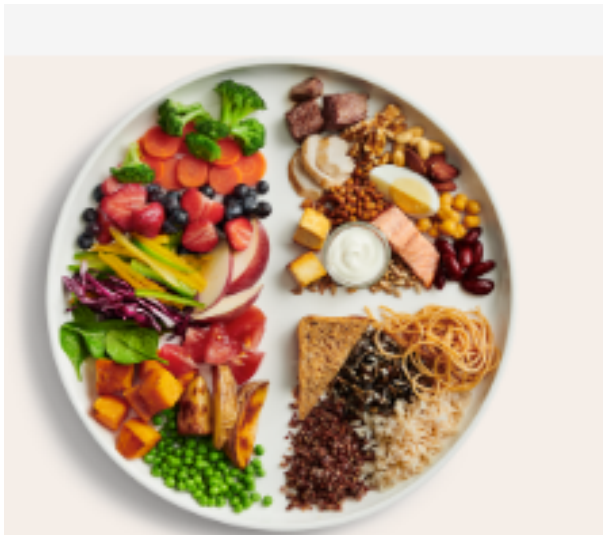
How many of these problems relate to you?

1) Too Few Fruits and Vegetables



How many fruits and vegetables should you be getting?

Plenty (no set amount with new food guide), at least half your plate.



2) Too little fiber

What is fiber?³

Fiber is the part of plant food that is not digested in the small intestine.

Sources of Fiber

- Bran Cereal
- Fruits
- Brown Rice
- Oatmeal
- Popcorn
- Pasta
- Vegetables

Why is it important?

Fiber curbs overeating because it makes you feel full. It reduces the risk for heart disease and high cholesterol. It helps keep your regular and fiber-Rich foods are lower in fat than non-fiber-rich foods.

3. Too much saturated fat

Saturated fats are foods of animal origin i.e. red meat, chicken skin, butter, cheese, whole milk, chocolate, bacon, shortening etc

Too much saturated fat leads to heart disease and stroke because these are the fats that clog your arteries.

