

Feb 19, 2019

1) Eating for Wellness cont

- finish problems with eating
- 6 Major Nutrients

Warm-Up



calories of added sugars the typical American consumes each day (approximately 24 tsps)

Test next week on Wellness!!

4. Too many added sugars

A women should get no more than 6 teaspoons (25g) of added sugar a day and a man no more than 9 teaspoons (38g)



1tsp = 4g

How much sugar do you think is in each of the following?

Pepsi = [redacted] g

Snickers Bar = [redacted] g

Cheerios = [redacted] tsp

Fruit Loops = [redacted] tsp

Apples = [redacted] tsp

Banana = [redacted] tsp

Donut = [redacted] tsp

5. Too much sodium

The recommended intake of sodium is 2300mg/day

We consume sodium mostly in the form of table salt (adding it to food for flavor) and in the processed foods we eat.

The top sodium foods in most peoples diet are bread, rolls, cold cuts and deli meats, pizza, soups, cheese, chips, pretzels, popcorn.

Restaurants are salt mines i.e. a breakfast biscuit with egg and sausage has 1200mg of sodium, big mac meal at mcdonalds 1210mg

6. Too much food overall (i.e. calories)



Males between 2300 and 2500 calories/day

Females between 1750 and 1900 calories/day

(depends on how active you are and your age)

The Big Mac Meal from McDonalds = 1090 calories

Your body is a machine that needs fuel.

We need to think as food as fuel for our body.

This fuel should have the 6 major nutrients

carbohydrates

proteins

fats

vitamins

minerals

water