

Sept 17, 2019

Eating for Wellness

Warm-Up

% of an adult's daily requirement of vitamin C can be found in a medium-sized potato.



2) Too little fiber

What is fiber?

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

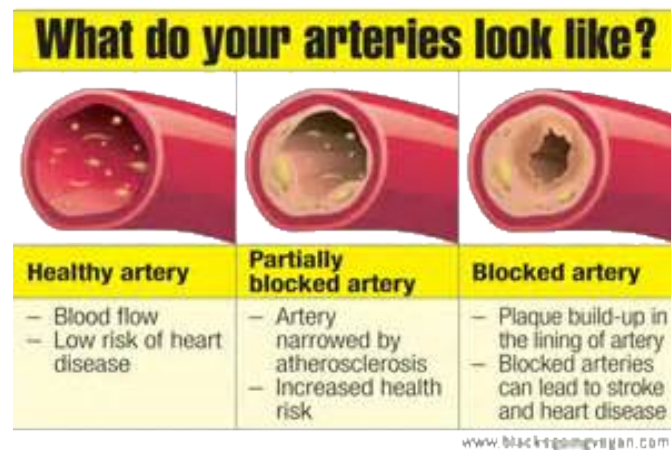
Why is it important?

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.



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