

Feb 11, 2020

Eating for Wellness

Test next Wed!!

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

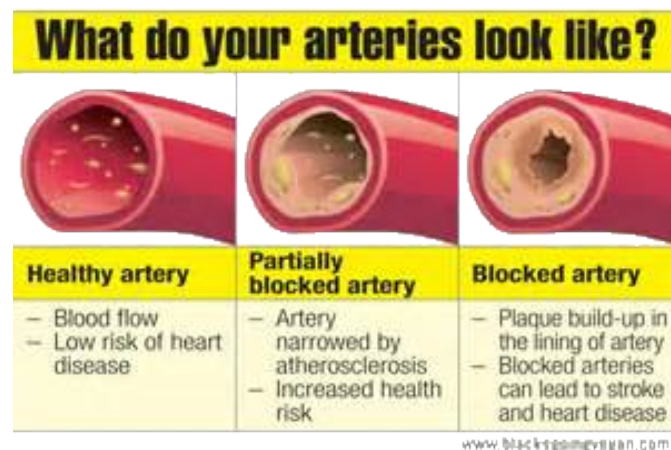
Why is it important?

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 = 41 g



Snickers Bar = 52.7 g



Cheerios = 1 tsp



Fruit Loops = 10.5 tsp



Apples = 2.6 tsp



Banana = 3 tsp



Donut = 3.5 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