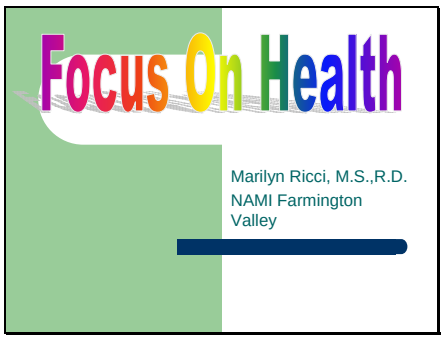
Slide 1



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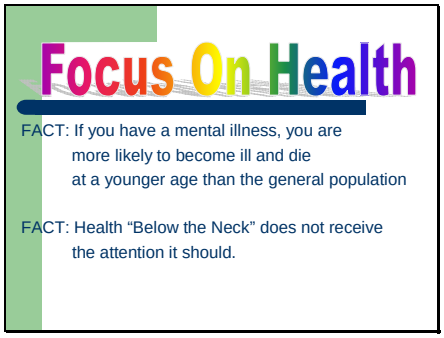

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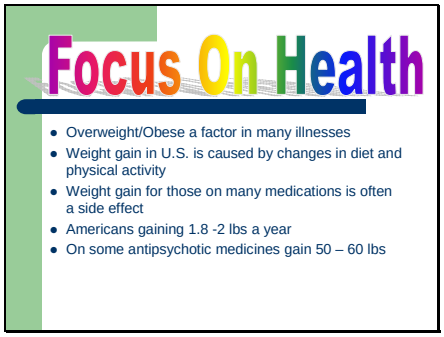


Slide 4

The Toxic U.S. Environment

- Foods most available are low cost , high in sugar, fat and sodium
- Food industry – Did anyone ever ask for a Sponge Bob cereal?
- Decline in physical activity

Slide 5

It's The Real Thing

Is this an ad for Orange Juice?

Slide 6

Coca Cola

Serving size 8 fl oz
servings per container 6
Calories 100
Total fat 0
Sodium 35 mg
Total CHO 27 g
Sugars 27 g
Protein 0 g

Ingredients

High fructose corn syrup &/or sucrose, caramel color, phosphoric acid, natural flavors, caffeine

Slide 7

A Spoonful of Sugar makes……..

Brain must have glucose (simplest sugar) every day. Soda is not the brains food choice. It prefers to have its sugar meted out in a very steady state – not a sugar jolt of 1/5 of its requirement in 5 minutes.

Too much sugar makes the pancreas work hard. It must produce insulin to handle the extra sugar.

Poor eating habits can contribute to mood swings.

Slide 8

THE ORANGE

Vitamin C, Fiber, Folate, Limonene, Potassium, Polyphenols, Pectin, Dietary Fiber

64 calories
83 mg vitamin C
Strong antioxidant
3 gm dietary fiber
13 mg magnesium
40 mcg folate
More than 170 different phytonutrients

Slide 9

METABOLIC SYNDROME

- Prevalence double for those with schizophrenia
- Diets low in fiber, fruits and vegetables and high in sweetened beverages
- Little exercise – inactive lifestyle

- Abdominal obesity
- Elevated triglycerides
- Low HDL levels
- Raised blood pressure
- Insulin resistance

Complications can develop in less than 15 years

Slide 10

When weight around stomach increase risk of

- Type 2 Diabetes
- Heart Disease
- Hypertension
- Heartburn
- Gout
- Hyperlipidemia
- High Triglycerides
- Gastric Reflex
- Osteoarthritis
- Sleep Apnea

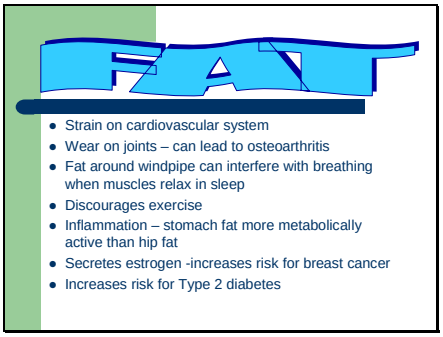
Slide 11

- 40 billion fat cells average person
- Multiply easily – to 100 billion
- Almost impossible to kill
- Ready for a future famine
- Exchanges messages with rest of body such as “I’m full” or “Isn’t there a candy bar somewhere in this house?”
- Can swell to six times their minimum size

Slide 12

- Energy storage and management involves fat cells, brain, stomach, liver, pancreas, thyroid
- Many medications interfere with energy storage and/or management – results in weight gain
  - * Olanzapine
  - * Risperidone
  - * Clozapine

Slide 13



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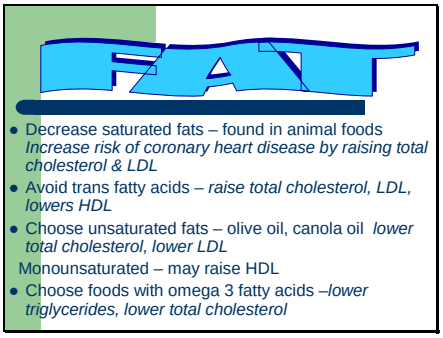

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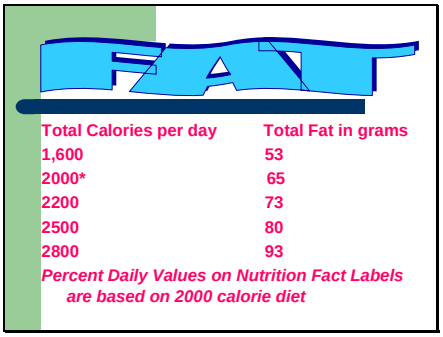

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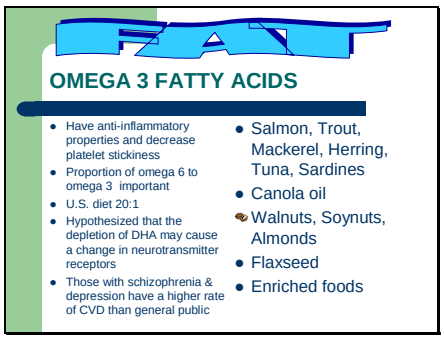

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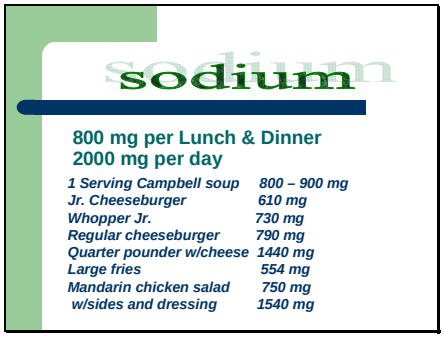

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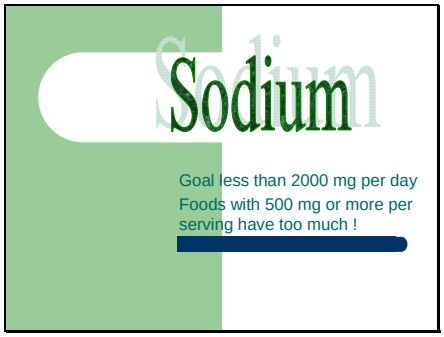


Slide 19

HEALTH ALERT
Supersizing is out
Downsizing is in

- Change portion size
  - **SMALLER PORTIONS OF MEATS/POULTRY**
  - **LARGER PORTIONS OF FRUITS/VEGETABLES**
- Choose foods that provide nutrients
- Snack Smart
- Drink water

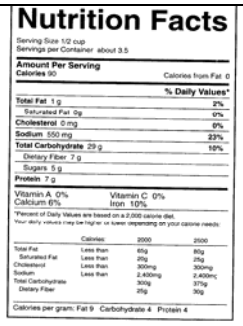
Slide 20

WHAT IS A PORTION

- Must read labels
- Depends on food
- Depends on whether need to lose weight
- Be aware of ***How much you are eating.***

An 11 oz bag of potato chips is not a serving!
A sleeve of Oreo cookies is not a serving!

Slide 21



Nutrition Facts

Serving Size 1/2 cup
Servings per Container about 3.5

Amount Per Serving
Calories 90 — Calories from Fat 0

	% Daily Values*
Total Fat 1 g	2%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 550 mg	23%
Total Carbohydrate 29 g	10%
Dietary Fiber 7 g	
Sugars 5 g	
Protein 7 g	

Vitamin A 0% — Vitamin C 0%
Calcium 6% — Iron 10%

*Percent of Daily Values are based on a 2,000 calorie diet.
Your daily values may be high or lower depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Slide 22

Focus On Health

Eat 500 calories less each day and may lose a pound in a week. Exercise will increase loss of body fat and help you lose weight faster and keep it off.

MUSCLE BURNS MORE CALORIES EVEN WHILE YOU ARE DOING NOTHING

Eat a 6" Bagel with 1 oz cream cheese – 450 calories
Ride a bike 1 hour 25 minutes burns 500 calories

Slide 23

FRUITS and VEGETABLES
You can't eat too many

- Stand up if you have eaten one fruit or vegetable so far today
- Remain standing if had 2 servings.
- Remain standing if ate 3 servings.
- Remain standing if ate 4 servings.
- Anyone more than 4?

Slide 24

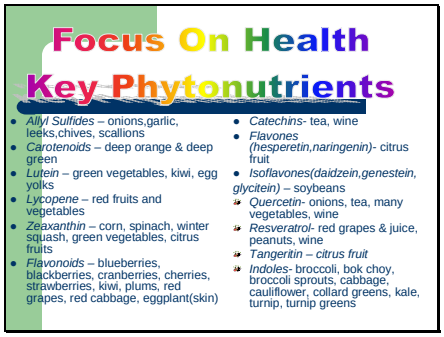
Focus On Health

PHYTONUTRIENTS – neither vitamin or mineral

- Antioxidants
- Enhance immune system
- Change estrogen metabolism
- Enhance communication among body cells
- Cause cancer cells to die
- Detoxify carcinogens
- Repair damage to DNA that's cause by smoking and other toxins

Still a lot to learn – how they work together, work with nutrients, fiber. Have only studied a few hundred.

Slide 25



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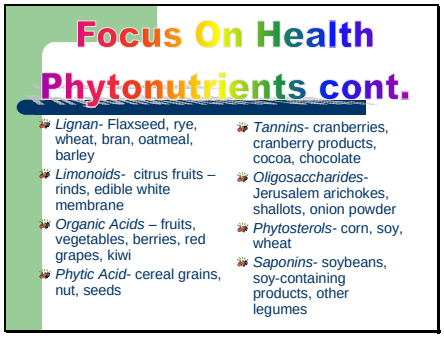

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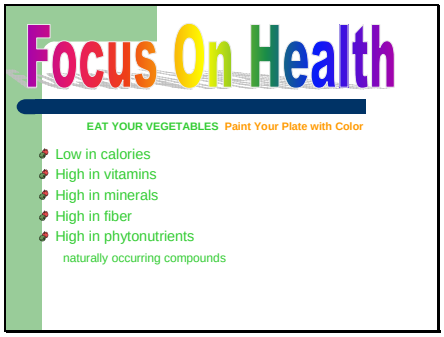


Slide 28

Focus On Health

Overwhelming evidence for the health benefits of plant-based foods

Fruits, Vegetables, Legumes (includes soy), Nuts, Seeds, Whole Grains

Count on a variety of food not supplements

Slide 29

Fiber

EAT MORE

Cereals with 5 – 7 gm per ½ cup
Popcorn 5 gm per 3 TBSP
Whole wheat pasta 3 gm per 2 oz dry
Walnuts 2 gm per ¼ cup
Bread 3-4 gm per slice

Slide 30

Fiber

- Add nuts to salads
- Add vegetables like broccoli, spinach, onions to pizza
- Rinse and add a small can of drained beans to salads, soups, pasta sauce
- Use whole wheat flour when cooking
- Choose cereal with 5 or more grams fiber per serving
- Make fruit dessert
- Add lettuce, tomatoes, onion, peppers etc. to your sandwiches
- Make simple stir-fries
- Use brown rice
- Try some new grains – couscous, barley, bulgur, wheat germ, grits

Slide 31

FOOD BALANCE SHEET

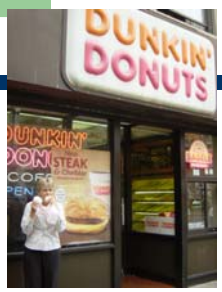
Foods that contribute to poor health

- Very easy to get
- Very easy to eat – no preparation
- Taste good – high in fat and sugar
- Promoted as fun
- Often cheap

Foods that are healthy for us

- Not as easy to get
- Less convenient
- Not as great tasting
- Not promoted
- Often more expensive

Slide 32



Slide 33

Focus on Health

Food choices to help with weight

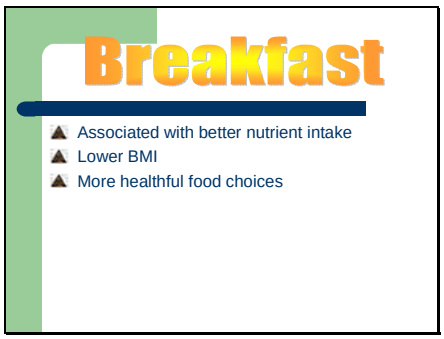
- High protein diet – for snacks choose low fat cheeses, a small amount of nuts, ounce of turkey, low fat yogurt
- 6-10 servings of vegetables and fruits
- Whole gain breads and cereals
- Low fat or skim milk
- Higher monounsaturated fat and omega 3
- Limit trans fats

Slide 34

Slide 35

Slide 36

Slide 37



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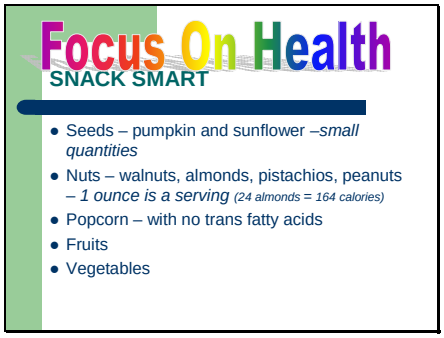

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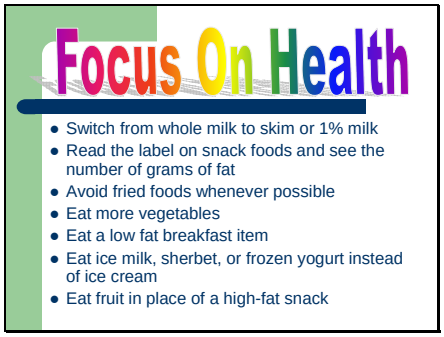
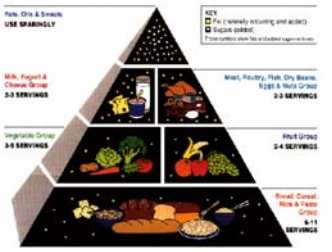


Slide 40

MYPYRAMID.COM



Slide 41

Focus On Health

REASONS TO EAT WELL

- TASTE
- LOOK GREAT, FEEL GREAT
- KEEP STRESS DOWN
- KEEP STAMINA UP
- IMPROVE PRODUCTIVITY
- ENHANCE LIFE LONG LEARNING
- LOWER MEDICAL COSTS
- LIVE LONGER, LIVE STRONGER
- PROMOTE HEALTH
- PREVENT DISEASE

Slide 42

WEB SITES TO EXPLORE

- www.mypyramid.com
- www.Ific.org/foodguidance.cfm
- www.fitness.gov
- www.shapeup.org
- www.americaonthemove
- www.eatright.org
- www.diabetes.org