

Chapter 5

Lessons 3-4

Fast Food Throughout Life Video
<http://www.youtube.com/watch?v=1Tg1H2Ksm>



Dietary Guidelines For Americans

- Recommendations about food choices for all healthy Americans age 2 and over
- Highlight three keys to a healthy lifestyle
 1. Make smart choices from every food group
 2. Find a balance between food & physical activity
 3. Get the most nutrition out of your calories




Choosing a Healthy Diet

- Diet - everything you eat and drink
- Eat a variety of foods to get the nutrients you need
- Daily Food Guide – offers an easy way to choose a varied, balanced, and moderate diet



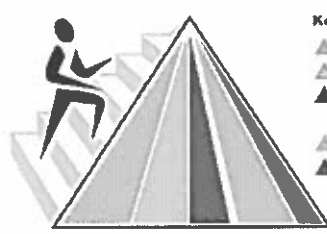
ChooseMyPlate.gov



- A website designed to help you make better food choices.
- Also helps you "visualize" the recommended serving size in "your plate"
- Has a SuperTracker to analyze your diet and activity level

SuperTracker
Plan to eat healthier, track your diet, identify good and bad choices, and share it with others.

Vegetables	Fruits	Grains	Dairy	Protein
<p>Vegetables are an important part of a healthy diet. They provide fiber, vitamins, and minerals. They also help you feel full and satisfied. There are many different types of vegetables, including leafy greens, cruciferous vegetables, and starchy vegetables. Try to eat a variety of vegetables every day.</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> 1 cup of leafy greens (spinach, kale, lettuce) 1/2 cup of other vegetables (broccoli, cauliflower, carrots, peas) 	<p>Fruits are a good source of fiber, vitamins, and minerals. They also help you feel full and satisfied. There are many different types of fruits, including apples, oranges, and berries. Try to eat a variety of fruits every day.</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> 1 cup of whole fruits (apples, oranges, berries) 1/2 cup of fruit juice 1/2 cup of dried fruit 	<p>Grains are a good source of fiber, vitamins, and minerals. They also help you feel full and satisfied. There are many different types of grains, including wheat, rice, and corn. Try to eat a variety of grains every day.</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> 1/2 cup of cooked grains (wheat, rice, corn) 1/2 cup of dry grains (wheat, rice, corn) 	<p>Dairy is a good source of calcium, protein, and vitamins. It also helps you feel full and satisfied. There are many different types of dairy products, including milk, cheese, and yogurt. Try to eat a variety of dairy products every day.</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> 1 cup of milk 1/2 cup of yogurt 1/2 cup of cheese 	<p>Protein is a good source of energy and helps you feel full and satisfied. There are many different types of protein sources, including meat, fish, and beans. Try to eat a variety of protein sources every day.</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> 1/2 cup of cooked meat (chicken, beef, pork) 1/2 cup of cooked fish 1/2 cup of beans

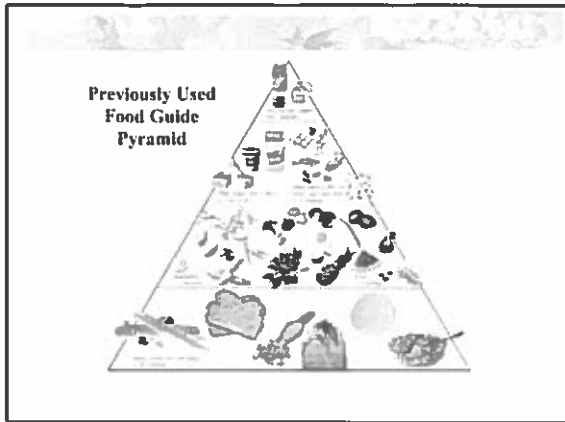


MyPyramid.gov
 STEPS TO A HEALTHIER YOU

(n) USDA food guide pyramid Explanation of MyPyramid
<http://www.choosemyplate.gov/116211621133>


Key:

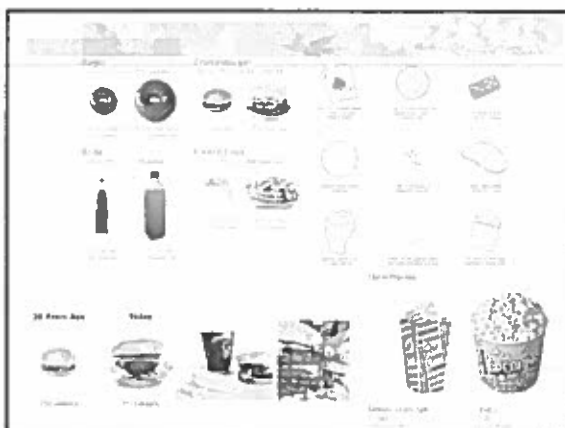
- ▲ Grains
- ▲ Vegetables
- ▲ Fruits
- ▲ Oils
- ▲ Milk
- ▲ Meat and beans



Serving Size

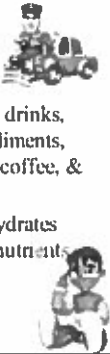
- To eat the recommended amount in the pyramid you must understand correct portion size
- A portion is how much of a food you eat in one meal
 - Medium apple = 1 portion = tennis ball
 - Serving of meat = computer mouse/deck of cards





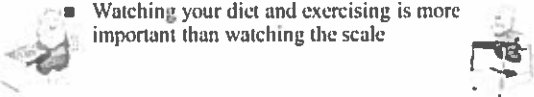
Fats, Oils, & Sweets

- Do not belong in the five food groups
- Foods: cakes, cookies, doughnuts, soft drinks, candy, jam, salad dressing, chips, condiments, gravy, mayonnaise, margarine, butter, coffee, & tea
- Empty-calorie foods – provide carbohydrates (mainly sugars) or fats, but few other nutrients
- Provide taste



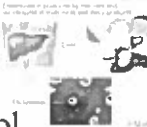
Maintain a Healthy Weight

- Too fat or too thin can cause health problems
- Controlling body fat is more important to health than controlling body weight
- Smart eating and regular exercise are the best ways to keep a healthful weight
- No matter what their source, calories add up the same way
- Watching your diet and exercising is more important than watching the scale



Choose a Diet Low in Fat, Saturated Fat, & Cholesterol

- Diets high in fat, saturated fat, & cholesterol increase the risk of heart disease
- High-fat diets are linked to obesity & some cancers
- 30% or less of calories from fats → less than 10% from saturated fats
- Limit cholesterol intake to 300mg or less per day



How Cholesterol Increases Your Chance Of Cardiovascular Disease


<http://www.yourabc.com/s/5d07-wtKIKr3VZi>

Controlling Fat in Foods

- Cut off the fat you see on meat, remove skin from chicken & turkey, there is a fat layer under the skin
- Eat lean meat, fish, & poultry
- Choose lower-fat milk, cheese, & yogurt
- Eat less salad dressing-use less butter & mayonnaise on bread-less gravy or sour cream on potatoes
- Cut down on fried foods- eat roasted foods
- Eat vegetables that are steamed, baked, or boiled
- Eat plenty of vegetables, fruits, & whole-grain foods


Choose a Diet with Plenty of Vegetables, Fruits, & Grain Products


- Excellent sources of complex carbohydrates and fiber & low in fat
- Provide essential vitamins & minerals
- Decrease the risk of heart disease, obesity, & some cancers. National Cancer Institute recommends 20-35mg/day. Average American consumes 10-15mg/day



Use Sugars Only in Moderation


- Americans eat up to 120 pounds of sugar yearly
- Some sugars are present in food and some are added during processing
- Contribute to tooth decay, brush teeth after eating foods high in sugar
- Controlling Sugars in Foods
 - Cut back on foods with added sugars: sodas, candy, cakes, and fruits canned in syrup (12oz. Soda = 9-12 teaspoons of sugar)
 - Read food labels & choose foods with less added sugar






Use Salt & Sodium Only in Moderation

- Sodium is an essential nutrient
- Helps transport nutrients into cells and helps move waste out
- Helps maintain normal blood pressure & nerve function-about 10% of sodium consumed is naturally present in food-75% of the sodium we consume comes in processed foods-the other 15% comes from the salt shaker
- High sodium diet increases the risk of hypertension




Controlling Sodium in Foods



- Read food labels to learn how much sodium a serving contains
- Order foods prepared without salt or salty flavorings.
- Taste foods before you salt them. One shake, not two.
- Use catsup, mustard, other condiments, and foods in salt solutions(such as pickles) sparingly




Healthy Eating Patterns




- Eat three full meals or 5 to 6 mini-meals
- Follow the Dietary Guidelines & Food Guide Pyramid
- Variety, moderation and balance are key
- Apply guidelines to a full day, not just a single meal
- Sodas & fries can be eaten occasionally if the total diet is healthy



Meals




- Breakfast – most important meal – linked to better mental & physical performance in late morning – reaction is faster & less muscle fatigue
ex: cereal, bread, oj, milk, fruit
- Lunch & Dinner – plan around a high-protein main dish – add side dishes from the other groups
ex: salads, fruit, veg, pasta, rice, bread, beverage, dessert?
- Each meal should provide 1/3 of your daily needs for nutrients & calories




Snacking

- Choose snack foods high in nutrients, not just in calories
- Should never replace meals




Eating at Restaurants

- Foods tend to be high in fat, calories, & sodium
- Order the regular sandwich instead of the deluxe
- Enjoy salad bars
- Avoid sauces, sour cream, & butter at potato and pasta bars
- Avoid breaded chicken & fish sandwiches
- Skip high-fat, high-sugar desserts
- Choose milk instead of soda
- Watch out for portion sizes – Much bigger at restaurants
- Skip french fries & onion rings



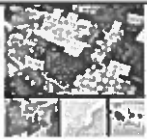
Being A Wise Food Consumer

- All food labels must state the following information
 - Name of the food, including the variety, style, packing medium, & special dietary properties
 - Net amount in weight or volume
 - Name & address of manufacturer, packer, or distributor
 - Must have information about ingredients and nutrient and caloric content
 - Food & Drug Ad.(FDA) & U.S. Dept. of Agriculture (USDA) regulate food labeling.




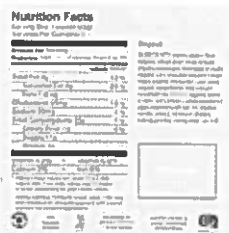
Nutrition Facts Label

- Indicate the nutrition & caloric content of foods.
- Allows you to compare nutrients and calories, and choose foods for special diets.
- Do not need nutrition labels:
 - Food served in restaurants, plain coffee & tea, some spices & other foods that contain no nutrients, fresh meat, poultry, fish, fresh fruits & vegetables, food produced by very small companies or offered in very small packages



Nutrition Facts Panel & Ingredient List






Nutrition Facts Label

- What nutritional information goes on a food label?
 - Serving size; servings per container; calories per serving from fat; grams of total fat, saturated fat, cholesterol, sodium, carbohydrates, dietary fiber, sugars, & protein per serving; percentage of the recommended Dietary Value (DV) the product supplies of the nutrients plus some important minerals & vitamins
 - Also contains guidelines on the amount of nutrients people need in their daily diets.



Nutrition Facts Label



- Some labels have two lists – example: cereal & milk
- Regulations permit labels of certain foods to claim possible benefits in combating a disease or condition → high in calcium = prevent osteoporosis

Ingredient Listing

- All food labels have ingredient listings except those foods that have just one ingredient ex: peanut butter & canned fruits & vegetables
- Labels list ingredients by weight, in descending order. The ingredient in greatest amount is first



Food Additives

- Substances added to food intentionally to produce a desired effect → must be listed on food labels
- Are used to:
 - Add nutrients
 - Lengthen storage life
 - Give flavor or color
 - Maintain texture
 - Control food's acidity
 - Help age foods, such as cheese



Food Additives

- Enriched foods - nutrients lost in processing are added back – breads, pastas, & rice enriched with B vitamins
- Fortification - adds nutrients not naturally present
 - milk is fortified with vitamin D
- Companies must prove to government agencies that additives are safe to use
- GRAS list (Generally Recognized As Safe) about 700 additives can be used without permission-is constantly reviewed



Making Sense of Label Terms



- Low-fat → 3 grams or less/serving
- Low-calorie → 40 calories or less/serving
- Low-calorie meals → no more than 120 calories
- Light or lite → calories have been reduced by at least a third, or the fat or sodium by at least half
- Less → must contain 25% less of a nutrient or of calories than a comparable food
- More → 10% more of the Daily Value for a vitamin, a mineral, protein or fiber than the regular food

Making Sense of Label Terms



- -free → can contain no amount, or only a negligible amount, of the substance, such as fat, cholesterol, sodium, sugars, or calories
- High, rich in, excellent source of → may be used if the food supplies 20% or more of the Daily Value for a vitamin, a mineral, protein or fiber
- Lean → meat, poultry, fish, or shellfish that has less than 10 grams of total fat, less than 4 grams of saturated fat, & less than 95 mg of cholesterol per 3oz serving
- Fresh → foods that are raw, unprocessed, contain no preservatives, and have never been frozen or heated
- Natural → defined for meat & poultry only-food is minimally processed with no artificial or synthetic ingredients


Sugar & Fat Substitutes



- Fructose-natural fruit sugar-used as a caloric substitute-sweeter for table sugar → less is needed → fewer calories
- Saccharin & aspartame—commonly added to soft drinks & frozen desserts-come in powdered form-safe when used in moderation




Open-Dating



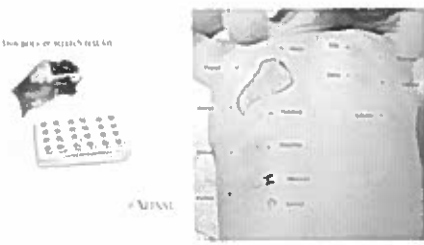
- Expiration date - last date you should use or consume the product
- Freshness date - last date a food is thought to be fresh
- Pack date - date in which food was packaged
- Sell date - last date product should be sold (can still consume after this date - milk)

Food Allergies

- Allergy → the body's reaction to a toxin
- Food allergy → body's immune system overreacts to substances (allergens) in some foods
- Allergens → usually proteins that body identifies as a pathogen
- Body produces antibodies for defense
- Most food allergies: nuts, eggs, milk, wheat, soy, fish, shellfish, chicken, & tomatoes
- Allergen = sulfites, food additives that help preserve food
- Can determine food allergy with scratch test or blood test



Allergy Scratch Test



Food Intolerance

- A negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods
- More common than allergies
- Experience with certain food & additives
- Example: Lactose intolerance – inability to digest milk sugar – small intestine’s inability to produce the lactase, the enzyme that breaks down lactose



Food & Your Safety

- **Foodborne illness**, or food poisoning, comes from eating food contaminated by pathogens – usually cannot be seen, smelled, or tasted
- Usually caused by four kinds of bacteria
 - Salmonella
 - Staphylococcus aureus
 - Clostridium perfringens
 - Clostridium botulinum
- Food can be contaminated by person → communicable disease
- Animal meat may harbor pathogens → must be thoroughly cooked or pasteurized
 - Pasteurization – the process of treating a substance with heat to destroy or slow the growth of pathogens




Foodborne Illness

- Symptoms are similar to the flu
 - Nausea, vomiting, diarrhea, & fever
- What to do?
 - Rest
 - Drink plenty of fluids
 - See doctor if symptoms continue
- Botulism can be fatal → food contaminated in a can or vacuum-packed container





Recommended Food Handling

- Clean – wash hands, cutting boards, utensils, plates, etc. with hot soapy water
 - Prevents cross-contamination – the spreading of bacteria or other pathogens from one food to another
 - Use nonporous cutting boards (plastic or glass)
 - Use disposable paper towels instead of dishcloths
- Separate raw meat, seafood, & poultry from other items in shopping cart & at home
 - Store on bottom shelf, cut meat & vegetable on different cutting boards, do not place cooked food where raw foods once were



Recommended Food Handling - continued

- Cook
 - 160°F internal temp for ground beef
 - 170°F internal temp for roasts & poultry
 - 145°F internal temp for fish
 - Avoided dishes with partially cooked or raw eggs
 - Sauces, soups & gravies should be brought to boil
- Chill
 - Cold slows the multiplication of bacteria
 - Refrigerate cold foods at 40°F or less
 - Frozen foods should be stored at 0°F

Preventing Foodborne Illness

- Do not buy or eat food in damaged packages
- Store & prepare foods according to package instructions
- Refrigerate leftovers – do not leave at room temp for more than 2 hours – if outside, refrigerate within an hour if above 85°F
- Do not thaw at room temp → put in the refrigerator
- Keep hot foods hot & cold foods cold

