

## [QUIZ]

- 1. Which of the following would be a method to manage your weight?**
  - a. Watch portion sizes
  - b. Eat a variety of healthy foods
  - c. Get moving
  - d. All of the above
- 2. True or false: A diet that promises weight loss of 10 pounds per week is a sensible weight loss plan.**
- 3. BMI stands for:**
  - a. Base Mass Index
  - b. Balance Metric Index
  - c. Body Mass Index
  - d. None of the above
- 4. True or false: Being Overweight puts you at an increase risk of heart disease.**
- 5. True or false: Once you achieve your goal weight, you do not have to eat healthy or exercise.**

## [ADDITIONAL RESOURCES]

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Heart Association  
[www.amhrt.org](http://www.amhrt.org)

Academy for Eating Disorders  
[www.aedweb.org](http://www.aedweb.org)

Shape Up America  
[www.shapeup.org](http://www.shapeup.org)

About nutrition website  
[www.nutrition.about.com](http://www.nutrition.about.com)



Quiz answers:  
1) d 2) False 3) c 4) True 5) False

[how much  
should I  
weigh?]



## Aim for a Healthy Weight

- Being overweight increases your risk for heart disease, diabetes, and high blood pressure.
- Choose a lifestyle that combines good nutrition with exercise
- A healthy weight is key to a long, healthy life.

## Evaluate Your Body Weight

- Evaluate your weight in relation to your height.
- BMI (Body Mass Index) uses your height and weight to determine if you are at a healthy weight, overweight, or obese.
- If your weight falls in the overweight or obese category you may be at increased risk for chronic disease.
- The BMI calculation works for the majority of the population, it may not be accurate if you have a lot of muscle and little fat.

## Manage Your Weight

- Make long term changes in your eating habits.
- Eat a healthy variety of foods including vegetables, fruit, grains, milk, and lean meat and beans.
- Control portion sizes.
- Get moving. Physical activity balances the calories you eat.

## If You Need to Lose Weight, Do So Sensibly

- A weight loss of  $\approx$  -2 pounds per week is safe.
- Avoid "fad diets" where "rapid" weight loss is promised.
- Always check with your doctor/dietitian before starting a weight loss program.

## [BODY MASS INDEX CHART]

wt/ht	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"
<b>100</b>	19	18	17				
<b>110</b>	21	20	19	18			
<b>120</b>	23	22	20	19	18	17	
<b>130</b>	25	24	22	21	20	18	
<b>140</b>	27	26	24	23	21	20	19
<b>150</b>	29	28	26	24	23	21	20
<b>160</b>	31	29	27	26	24	23	22
<b>170</b>	33	31	29	28	26	24	23
<b>180</b>	35	33	31	29	28	26	25
<b>190</b>	37	35	33	31	29	27	26
<b>200</b>	39	37	34	32	30	29	27
<b>210</b>	41	39	36	34	32	30	29
<b>220</b>	42	41	38	36	33	32	30
<b>230</b>	45	43	40	37	35	33	31
<b>240</b>	47	45	41	39	37	35	33

### BMI

<18.5

18.5 - 24.9

25 - 29.9

30 or higher

### Classification

Underweight

Normal (healthy)

Overweight

Obese

## [TIPS FOR SAFE WEIGHT LOSS]

- Don't skip meals. Skipping meals will result in binging.
- Eat healthy foods. Fruits and vegetables have less calories and more vitamins than processed foods.
- Decrease fat. One gram of fat has more than twice the calories of one gram of carbohydrate.
- Eat more fiber. Fiber makes you feel full with less food.
- Exercise at least 3 times a week for at least 30 minutes. Building muscle increases metabolism.



## [QUIZ]

**1. A Carbohydrate is:**

- a. Next to the alternator under your car hood.
- b. Something to be avoided at all costs.
- c. Fuel for our cells and central nervous system functioning.
- d. Found in abundance in meats and poultry.

**2. A registered dietitian can help you learn:**

- a. How many carbs to eat each meal
- b. What carbs are healthy for you
- c. A weight goal that's right for you
- d. All of the above

**3. The American Dietetic Association recommends that:**

- a. On average, fifty to sixty percent of daily calories should come from carbohydrates.
- b. That your carbohydrate intake should be based on your astrological sign.
- c. That Carb intake should be equivalent to the square root of your weight.
- d. You should restrict your Carb intake to 10 grams daily.

**4. A Complex Carbohydrate is:**

- a. A complicated nutrient.
- b. The same as a simple carbohydrate.
- c. Composed of long sugar chains vs. the short ones found in simple carbohydrates.
- d. More expensive than a simple carb.

**5. True or false: Eliminating high carbohydrate foods from your diet is an indicator of a fad diet.**

## [ADDITIONAL RESOURCES]

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Heart Association  
[www.amhrt.org](http://www.amhrt.org)

Ask the dietitian  
[www.dietitian.com](http://www.dietitian.com)

About nutrition website  
[www.nutrition.about.com](http://www.nutrition.about.com)



Quiz answers:  
 1) c 2) d 3) a 4) c 4) True



[do carbs  
 make me  
 fat?]



### Reality Check 1: Carbohydrates don't make you fat

- Calories from carbohydrate don't make you fat. Weight gain depends only on how many calories you take in relative to how many you burn off.
- What matters in weight loss is not carbohydrates, but calories.
- Overall, it's a simple matter of energy balance whether you are active or not.

### Reality Check 2: High-protein, low-carbohydrate diets don't increase your ability to burn fat.

- The best way to crank up your body's fat-burning ability is to exercise.
- Overall, no diet will help you gain better access to your body's fat stores during exercise.



### Reality Check 3: You need carbohydrates to perform at your best.

- Carbohydrates are the chief source of energy for the body.
- Whole grains, fruits and veggies give your body loads of nutrients including vitamins (especially B vitamins) and minerals.

### Reality Check 4: Keep the Right Mix

- Eat a variety of foods from the Food Guide Pyramid. Including a wide-variety of foods increases your likelihood of obtaining the required amounts of essential nutrients.
- In fact, a common misconception is that a quick fix diet will lead to a healthy life. The most effective means of obtaining a fit/healthy body starts with a balanced diet filled with nutrients, vitamins, and minerals, and maintaining regular exercise habits that best fit your schedule.



## [CARBOHYDRATE FACTS]

### What do Carbs do for the body?

Carbs fuel our muscles and brain, and supply the energy for essential body functions like breathing and heartbeat. Without enough carbs in our diet, our body has to rely on alternate, more inefficient energy pathways that ultimately leave us weak, tired and light-headed.

### Are some Carbs better for you than others?

There are two types of carbohydrates: simple and complex.

- Simple carbohydrates are table sugars, candies, or even natural sugars in fruits. These sugars only provide temporary energy.
- Complex carbohydrates, on the other hand, will do more for your body than simple carbohydrates because they are the main energy storage products. Examples are whole grain breads, cereals, fruits and vegetables.

### Is eating too many carbohydrates bad for you?

Nutritionists suggest that 55 to 60 percent of our daily calories come from carbohydrates; when eaten in normal amounts, they are not bad for you.

## [QUIZ]

### 1. Effective weight management

#### strategies include the following:

- a. Watching the amount of food consumed.
- b. Eating a variety of foods.
- c. Exercise
- d. All of the above

### 2. True or false: **Gaining weight occurs when more calories are coming in than are being burned off.**

### 3. Supersizing can:

- a. Double calories.
- b. Make you loose weight
- c. Double the size of the human brain

### 4. Which food is a more sensible portion size?

- a. Big Gulp 44oz
- b. Regular Hamburger
- c. King Fries
- d. Super Grab Bag Chips

## [ADDITIONAL RESOURCES]

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Heart Association  
[www.amhrt.org](http://www.amhrt.org)

Ask the dietitian  
[www.dietitian.com](http://www.dietitian.com)

About nutrition website  
[www.nutrition.about.com](http://www.nutrition.about.com)



Quiz answers:  
1) d 2) True 3) a 4) b

[would you  
like that  
super  
sized?]



### Portion Size Does Matter.

Our super size trend is affecting our health. To improve perceived value, everything is super-sized, sells at two for the price of one or comes with triple cheese.

### Exactly what is a serving?

Knowing the size of a serving can help you determine your portions – the amount of a particular food you eat at a given time. Unless you weigh your food how can you accurately estimate a serving size? Here are some examples of serving sizes, for use in gauging your portions:

- Three ounces of cooked meat, fish or poultry is the size of a deck of cards
- Two tablespoons of peanut butter is the size of a golf ball
- A medium piece of fruit looks like a baseball
- A medium bagel is the size of a hockey puck
- One ounce of cheese is the size of four dice
- A small baked potato is the size of a computer mouse
- The serving size for raw vegetables, yogurt and fruit is one cup – which will fit into an average woman’s hand

### Do you suffer from “Portion Distortion”?

If you think food portions are bigger than they used to be, you're right. Here's how "typical" restaurant portion sizes have grown over the years:

Food/Beverage	Year Introduced	Size When Introduced	Today's Larger Sizes
<b>French Fries</b> Burger King®	1954	Regular	Small, Medium, Large, King
McDonald's®	1955	Regular	Small, Medium, Large, Super size
<b>Hamburger</b> (beef only) McDonald's®	1955	1.6 oz	1.6oz, 3.2oz, 4oz, 8oz
<b>Fountain Soda,</b> Burger King®	1954	Regular (12oz), Large (16oz)	Kiddie (12oz), Small (16oz), Medium (22oz), Large (32oz), King (42oz)
McDonald's®	1955	Regular (7oz)	Child (12oz), Small (16oz), Medium (22oz), Large (32oz), Supersize (42oz)
7-Eleven®	1973	12oz, 20oz	Gulp (16oz), Big Gulp (32oz), Super Big Gulp (44oz), Double Gulp (64oz)
<b>Soda, bottled</b> Coca-Cola®	1916	6.5oz	8oz, 12oz, 20oz, 34oz

## [CAN FAST FOODS FIT INTO A HEALTHY EATING PLAN?]

Overall, yes. They can supply the variety of nutrients your body needs, if you choose wisely. If you are a regular at the food counter, keep these pointers in mind:

- Be aware of the trend toward big, deluxe or super size portions. For most people, the regular size is enough.
- Split your order. Share fries or an extra large sandwich with a friend.
- Pass up all-you-can-eat specials, buffets and unlimited salad bars if you eat too much. Or use the small plate, which holds less food.
- Balance fast food meals with other food choices during the day.
- Remember moderation and variety is the key!



## [QUIZ]

1. True or false: **Soft drink consumption has decreased significantly in recent years.**
2. True or false: **The more colorful the fruit juice the more nutrients it contains.**
3. **Milk contains all of the following key nutrients expect:**
  - a. Calcium
  - b. Vitamin D
  - c. Protein
  - d. Vitamin C
4. **Experts recommend \_\_\_\_\_ cups of water each day**
  - a. 10 to 12
  - b. 8 to 10
  - c. 3 to 4
  - d. 10 to 15

(See back of brochure for answers)

**Topic Reference:** NC SNAC, *Soft Drinks and School-Age Children*. March 2003 American Dietetic Association, Tip of the Day, 9/01/03, "A Juicy Story-And a Nutrition One". National Dairy Council. "Power Up for Girls" and "Power Up for Boys" brochure, 1996.

## [ADDITIONAL RESOURCES]

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

National Dairy Council  
[www.nutritionexplorations.com](http://www.nutritionexplorations.com)

HEALTHY BODIES. HUNGRY MINDS.



Quiz answers:  
1) False 2) True 3) d 4) b

[What's  
in your  
cup?"]



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HB-X/03



Soft drinks include soda, fruit-flavored and part-juice drinks and sports drinks. Advertisers often try to convince us that soft drinks other than soda are healthier choices. Take a look at the sugar content of these soft drinks and you be the judge.

Soft Drink	Serving Size	Grams of Sugar	Teaspoons of Sugar	Calories
<b>Coca-Cola</b>	<b>12 oz</b>	<b>39.0</b>	<b>9.8</b>	<b>140</b>
<b>Pepsi</b>	<b>12 oz</b>	<b>41.0</b>	<b>10.3</b>	<b>150</b>
<b>7-Up</b>	<b>12 oz</b>	<b>39.0</b>	<b>9.8</b>	<b>140</b>
<b>Mt. Dew</b>	<b>12 oz</b>	<b>46.0</b>	<b>11.5</b>	<b>170</b>
<b>Fruitopia</b>	<b>8 oz</b>	<b>29.0</b>	<b>7.3</b>	<b>110</b>
<b>Gatorade</b>	<b>8 oz</b>	<b>14.0</b>	<b>3.4</b>	<b>50</b>
<b>Trop. Twister</b>	<b>8 oz</b>	<b>30.0</b>	<b>7.5</b>	<b>130</b>
<b>Hi-C</b>	<b>8 oz</b>	<b>26.0</b>	<b>6.5</b>	<b>100</b>
<b>Capri Sun Big Pouch</b>	<b>11.25 oz</b>	<b>44.0</b>	<b>11.0</b>	<b>170</b>

Information was obtained from the Nutrition Facts labels of individual products.  
Reference: NC SNAC, March 2003

## [TRENDS IN CONSUMPTION]

Did you know enough regular soda is produced to supply EVERY American with over 14 ounces of soda each day? According to the USDA, soft-drink consumption has increased almost 500% over the past 50 years. One reason for the increasing consumption of is that the industry has steadily increased container sizes. In the 1950s, a 6- oz bottle was the standard serving. That grew into the 12-oz can, and, 20-oz bottles are now replacing those.

## [KNOW YOUR OPTIONS]

**WATER:** Water has numerous functions in the body including regulating body temperature, carrying nutrients and waste products throughout the body, and serving as shock absorbers for the body's organs. Experts recommend we consume between eight and ten cups of water each day. There is even a connection between water and the way we learn and think. The brain needs water about every 45 minutes of the waking day or it starts a dehydration process in the problem-solving portion of the brain. Just ten minutes after drinking water there is an increase in the physiological and cognitive processes.

**JUICE:** Choosing juice for nutrition means reading the label. Drink 100% fruit juice for the greatest nutritional benefit. Read the ingredient list carefully to make sure that juice is one of the first ingredients. As with fruits and vegetables, the more colorful the juice, the more nutrients it contains. Good examples include pink grapefruit juice, orange juice and carrot juice.

**MILK:** Most people are aware milk is good for you. But just how good? Milk is packed with eight key nutrients: Calcium, Potassium, Magnesium, Phosphorus, Protein, Riboflavin, Vitamin B12, and Vitamin D. With functions ranging from bone and muscle building to maintaining blood pressure, there's no denying that milk is jammed packed with nutrients you can't afford to live without.



## [ADDITIONAL RESOURCES]

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

The Vegetarian Resource Group  
[www.vrg.org](http://www.vrg.org)

Food and Nutrition Information  
Center/USDA  
[www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.htm](http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.htm)



Quiz answers:  
1) c 2) True 3) c 4) b 5) False



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[making the  
change to  
a vegetarian  
diet]

## Did you ever wonder why so many people have made the switch to a vegetarian lifestyle?

Health Concerns, Religious Concerns, Ecological Reasons, Disliking Meat, Love for Animals or Economic Reasons.

- There are different types of vegetarians. Most vegetarians do not eat any meat, fish or poultry. Many still eat foods that come from animals such as egg, cheese, yogurt and milk. It is still possible to achieve a healthy and nutritionally appropriate diet when being a vegetarian.
- Vegens (VEE-GANS) do not eat any foods from animals – this makes it more difficult to get the essential vitamins and nutrients your body needs.
- Vegetarian diets are sometimes linked to lower body mass and lower body fat. Vegetable products do not contain any cholesterol either. Be careful because some oils such as palm and coconut are high in fat and can raise your blood cholesterol levels.

### Lets take a look at vegetarian sources of some important nutrients:

- Protein: lentils, beans, nuts, soy based foods, low fat dairy products
- Iron: spinach, dried fruits, bulgur, black strap molasses



- Calcium: broccoli, kale, fortified soy products, low fat dairy products
- Vitamin B12: dairy products, eggs, nutritional yeast, fortified foods

You may not realize it but we all eat common vegetarian foods all the time!

What about Macaroni and Cheese, Cheese Pizza, Spaghetti and Tomato Sauce, Grilled Cheese and Peanut Butter and Jelly.

### Did you know that the following people are all advocated vegetarians?

Leonardo Da Vinci  
Alicia Silverstone  
Albert Einstein  
Paul McCartney  
Leo Tolstoy

Before you think of making the switch it is important to talk to your parents or see a registered dietitian (RD) in your area. It is easier for some to make gradual changes in the diet. The American Dietetic Association (ADA) supports well-planned vegetarian diets. Visit the ADA's website [www.eatright.org](http://www.eatright.org) to find an RD near you.

## [QUIZ]

- 1. A vegan is someone who:**
  - a. Eats only animal products
  - b. Eats no meat, fish or poultry but consumes eggs and dairy
  - c. Eats no foods that come from animals
- 2. True or False. Vitamin B12 is an important nutrient that vegetarians need in their diet.**
- 3. When deciding to become a vegetarian you should:**
  - a. Do what your friends say
  - b. Stop all meat, fish and poultry at once
  - c. Talk to a parent and/or consult with a registered dietitian
- 4. Which food contains no cholesterol?**
  - a. Eggs
  - b. Peanuts
  - c. Chicken
  - d. Milk
- 5. True or False. Bulgur is a good source of calcium.**

(See back of brochure for answers)