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***Eat Well & Keep  
Moving Principles  
of Healthy Living***

# Agenda

- **Food and physical activity facts**
- **Health promotion and disease prevention**
- **Energy from food, nutrients, and national nutrition guidelines**
- ***Eat Well & Keep Moving* Principles of Healthy Living**
- **Group discussion**

Let's start thinking about food  
and physical activity . . .

# **Health Promotion and Disease Prevention**

# **Healthful Diets and Positive Food Choices**

- **Help children grow, develop, and do well in school**
- **Help people work productively and feel their best**
- **Reduce the risk of chronic diseases such as heart disease, stroke, certain cancers, and osteoporosis**

# Energy

- **Three food components provide the body with energy**
- **Carbohydrate = 4 calories per gram**
- **Healthy carbohydrate sources: whole grains, beans, fruit, some vegetables**
- **Protein = 4 calories per gram**
- **Healthy protein sources: lean meats, poultry, fish, eggs, beans, and nuts**
- **Fat = 9 calories per gram**
- **Healthy fat sources: olive oil, canola oil, vegetable oil**

# Nutrients

- **Carbohydrate**
- **Protein**
- **Fat**
- **Vitamins**
- **Minerals**
- **Water**

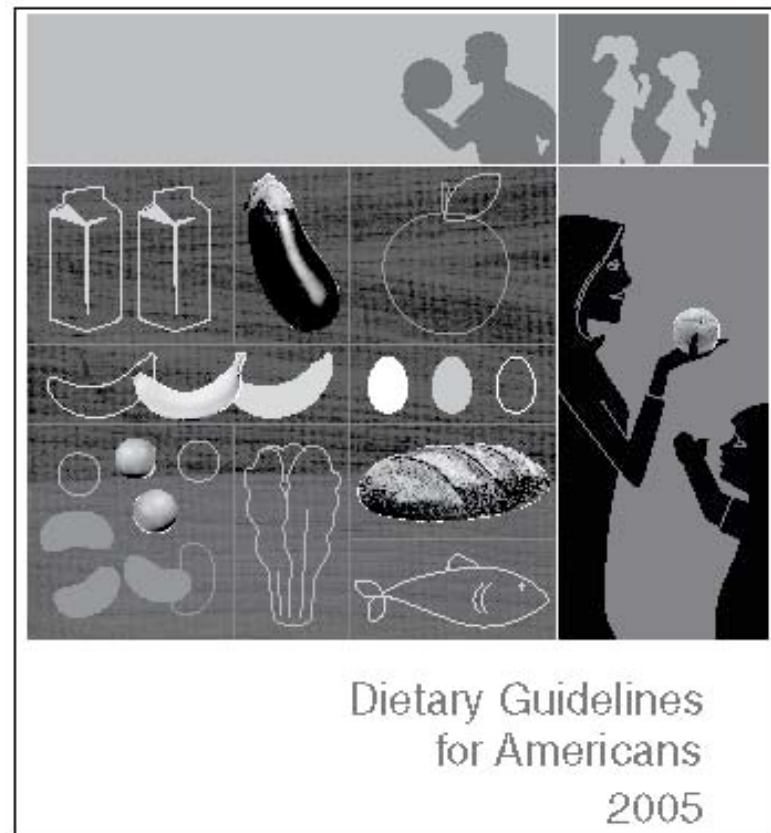
# Water, Water Everywhere

Choose water to  
quench your thirst!



# *Dietary Guidelines for Americans 2005*

- **Guidance on healthy eating and physical activity**
- **Basis of school meals and the National School Lunch Program**
- **Helps Americans make healthy food choices *over time***

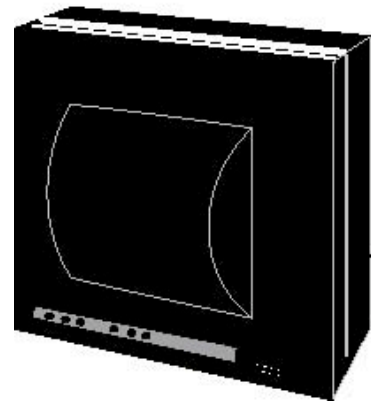


# **Benefits of Regular Physical Activity**

- **Helps you build healthy bones and muscles**
- **Helps you maintain a healthy weight or lose weight if you are overweight**
- **Gives you more energy**
- **Improves your mood and reduces your anxiety and stress**
- **Improves your blood pressure and cholesterol levels**



Couch  
potato



# Principles of Healthy Living

- **Eat 5 or more servings of fruits and vegetables each day.**
- **Choose whole-grain foods and limit foods and beverages with added sugar.**
- **Choose healthy fat, limit saturated fat, and avoid trans fat.**
- **Eat a nutritious breakfast every morning.**
- **Be physically active every day for at least an hour per day.**
- **Limit TV and other screen time to no more than 2 hours per day.**

# **Group Discussion on the Principles of Healthy Living**

# **Eat 5 or More Servings of Fruits and Vegetables Each Day**

- **Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber.**
- **Getting at least 5 each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.**
- **Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).**

## **Choose Whole-Grain Foods**

- **Whole grains contain fiber, vitamins, and minerals; refining strips away these nutrients.**
- **Refined grains get digested and absorbed quickly, which can cause sugar levels in the blood to spike and then drop a bit too low.**
- **Choose whole grains whenever possible; make at least half of the grain servings you consume each day whole grains.**

# **Limit Foods and Beverages With Added Sugar**

- **Sweetened drinks contain empty calories—they basically contain just sugar and water.**
- **Sugary foods and drinks are quickly absorbed and so cause blood sugar levels to spike.**
- **Research suggests that consuming sugar-sweetened beverages is associated with excess weight gain in children and adults.**

# **Choose Healthy Fat, Limit Saturated Fat, Avoid Trans Fat**

- **Healthy fat can help lower the risk of heart disease, stroke, and possibly diabetes.**
- **Unhealthy fat—saturated and trans fat—increases the risk of heart disease, stroke, and possibly diabetes.**
- **Limit saturated fat to no more than 10% of total calories.**
- **Avoid trans fat, since it raises the risk for heart disease in many ways and may increase the risk for diabetes.**

# **Eat a Nutritious Breakfast Every Morning**

- **Breakfast gives the body the energy it needs to perform at school, work, or home.**
- **Research has shown that breakfast can improve learning, and it helps boost overall nutrition.**
- **Many common breakfast foods are rich in whole grains.**

## **Be Physically Active Every Day for at Least an Hour per Day**

- **Regular physical activity helps prevent diabetes, heart disease, and some cancers.**
- **Children and teenagers need at least 60 minutes per day.**
- **Adults need at least 30 minutes per day; 60 minutes may be needed to prevent weight gain.**
- **Physical activity can be accumulated in 10-minute bouts throughout the day.**

# **Limit TV and Other Screen Time to No More than 2 Hours per Day**

- **The more TV you watch, the less time you have to engage in physical activity.**
- **Watching more TV means watching more advertisements for unhealthy foods, which can lead to eating extra calories.**
- **Keep TV time to no more than 1-2 hours per day.**
- **Keep total screen time, including watching TV, playing computer games, watching DVDs, and Web surfing—to no more than 2 hours per day.**

**Questions?**