

NUTRITION MYTHS AND FACTS

DVD Version

NUTRITION MYTHS AND FACTS

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TEACHER'S RESOURCE BOOK

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NUTRITION MYTHS AND FACTS

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NUTRITION MYTHS AND FACTS

DVD MENU

MAIN MENU

➤ **PLAY**

➤ **CHAPTER SELECTION**

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Carbohydrates
3. Fats
4. Protein
5. Drinks
6. Supplements
7. Fat Free Food
8. Fast Food
9. Special Food Diets
10. Red Meat
11. Skipping Meals
12. Exercise

➤ **TEACHER'S RESOURCE BOOK**

A file of the accompanying Teacher's Resource Book is available on the DVD. To open the file you need to load the DVD onto a computer that has a DVD-ROM and Adobe Acrobat Reader. Right click on the DVD icon and then double click on the file titled "Teacher's Resource Book."

Bread is bad... Grapefruit will make you lose weight... Today's teens are bombarded with confusing messages about nutrition. However, most teens aren't getting the nutrition they need to stay fit, healthy and active. Kids today are overeating, exercising less and leading more sedentary lives than children in any previous generation in history. In fact, nearly a quarter of teenagers in the United States are obese according to the American Academy of Child and Adolescent Psychiatry (AACAP). The American Council on Exercise found that only 38 percent of teens get enough exercise.

The pace for today's teens is fast and getting faster. In addition to preparing for school, many teens also play sports or hold part-time jobs. Teens are eating on the run and not always making healthy choices. They might substitute a healthy meal with fast food or a vending machine treat. Kids are eating the food that is most available to them, often overlooking nutrition facts and serving sizes. These poor nutritional choices only serve to further a teen's chance of becoming obese.

Complications related to obesity are fast becoming the biggest killer in the United States, second only to tobacco use. Physical consequences of obesity include increased risk of heart disease, high blood pressure, diabetes, breathing problems and trouble sleeping (AACAP). So what should teens do to stay healthy? The U.S. Department of Agriculture and Health and Human Services published this list of recommendations:

- Eat a variety of foods.
- Balance the food you eat with physical activity.
- Maintain a healthy weight.
- Choose a diet with plenty of grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet moderate in sugar and sodium.
- Children and adolescents should not drink alcoholic beverages.

Nutrition Myths and Facts debunks many common misconceptions about nutrition that are perpetuated by the media and offers solid facts instead. Students will learn that they can eat a variety of foods and still maintain a healthy weight for their gender, height and activity level. The video examines the special nutritional needs of adolescents, whose growing bodies require additional calcium, iron and other minerals. In addition, healthy eating tips are offered, including how to interpret nutritional labels and measure portions.

LEARNING OBJECTIVES

After watching the video *Nutrition Myths and Facts* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- distinguish between nutrition myths and facts
- make healthier choices regarding food
- find the healthy choices within the food options that are presented to them
- understand the terminology related to healthier living
- accurately keep track of what they eat
- understand the principles and actions that can lead to a healthy life
- perceive the difference between nutritious food choices and those that are presented to them by pop culture and the media
- evaluate their own lives in terms of healthy and unhealthy habits
- read and understand food labels
- describe the foods that make up a healthy, balanced diet
- be aware of the importance of exercise in a healthy lifestyle

The video opens with a montage of mock “lose weight fast” commercials that make the following claims:

Everyone knows the best way to lose weight is NEVER to eat carbohydrates.

That’s right: an ALL-carbohydrate diet. No fat, because fat is our enemy!

On an all-protein diet you’ll burn away calories faster.

If it’s low in calories, eat all you want!

The title ***Nutrition Myths and Facts*** appears, and common misconceptions about nutrition are presented and debunked, as follows:

The Myth: *Carbohydrates are bad for you.*

“Carbohydrates make you gain weight,” says one teen interviewed at a mall. Another teen cannot even define what a carbohydrate is, and ventures a guess that carbs are like fat.

The Fact: *You need carbohydrates to live.*

The narrator addresses the common misperception people have about carbohydrates. “There’s probably no bigger nutrition myth than this one! Carbohydrates are our body’s preferred energy source, and going too long without them can make you feel tired and grumpy.” The narrator explains that there are two types of carbohydrates. Complex carbohydrates found in whole-grain wheat are healthy, while simple carbohydrates like sugar have little nutritional value and are high in calories. These should be limited in a healthy diet plan.

The Myth: *If you want to lose weight, don’t eat ANY fat.*

A fake infomercial shows a cheesy host claiming that to lose weight, one need only purchase a fat-soaking sponge. “Problem solved!”

The Fact: *Fats are necessary nutrients for all of us.*

The narrator explains, “Like all other nutrients, fats have a very important place in our diet. Fats help to build healthy cell membranes, which can protect us from disease. They aid nutrient absorption and keep skin healthy.”

Viewers are taught that there are different types of fat and that not all of them are unhealthy for you. Saturated fats, found mainly in animal products, and trans fatty acids, found in commercially processed food like baked goods, can put you at risk for heart disease and cholesterol problems. Conversely, monounsaturated fats, found in seeds, nuts and olive oil, can improve your cholesterol levels and are essential for a healthy diet. Omega-3 fats, found mainly in fish, are healthy for your heart and can even decrease your risk of cancer and stroke. However, even healthy fats should be consumed in moderation.

The Myth: *High-protein/low-carbohydrate diets are a healthy way to lose weight.*

The Fact: *High-protein/low-carbohydrate diets are a bad way to lose weight.*

The narrator introduces viewers to Shannon Duffy, a registered dietician and nutritional counselor at Childrens Hospital Los Angeles. They visit a food lab to discuss this diet trend. “The fact is that many high-protein/low-carb diets don’t provide sufficient carbohydrates to your body for healthy growth,” Duffy states. Getting most of your calories from meat, eggs and cheese is not a balanced diet,” she concludes. Duffy goes on to explain that this type of diet plan can have unhealthy side effects, like heart disease, constipation, fatigue, bad breath and poor athletic performance.

The Myth: *Diet drinks are as healthy as drinking water.*

When asked if drinking diet soda is healthy, one of the teens interviewed at the mall adamantly responds, “Yes, because they don’t have sugar... It’s like drinking water.”

The Fact: *Diet drinks are not as healthy as water.*

The narrator explains that diet drinks contain almost no nutrients, while water has several health benefits like aiding in the development of healthy skin, blood and better energy levels. If one has to drink something else, low-fat milk or vegetable juice is better than fruit juice because they have less sugar.

To make a point about how little people understand about how much sugar is contained in popular beverages, the narrator shows teens a serving of Gatorade[®], orange juice, one percent fat milk, a can of soda and a Starbucks Mocha Frappuccino[®] and has them try to estimate which drink has the most sugar.

The Myth: *If you take a vitamin supplement, you don’t need to worry about what you eat the rest of the day.*

Viewers are shown a plethora of fake commercials and consumer testimonials about a fictional “One-a-Month” vitamin that claims to provide every nutrient the body needs. “Eat what you want, when you want, how you want or don’t even eat at all... it doesn’t matter because new One-a-Month multi-directional vitamins give it all to you, everything your body must have... and more!” the commercial raves.

The Fact: *No vitamin supplement can take the place of a healthy diet.*

“Although vitamin supplements may provide some of the vitamins you need each day, they don’t provide many other important nutrients which human bodies need to have, so they can’t take the place of a healthy, balanced diet,” the narrator explains.

The Myth: *You can eat all the fat-free food you want and still be healthy.*

The Fact: *Fat-free doesn't mean healthy.*

Back at the food lab, Duffy refutes the myth. “Low-fat or fat-free foods can have just as many or more calories as their full-fat counterparts. They often make up for their lack of fat by adding high-calorie ingredients like sugar, flour or starch thickeners.”

Duffy shows a variety of food labels to a group of kids and asks them if they understand what is in the supposedly “healthy” low-fat foods they eat. “Most people have no idea what they’re really eating. By looking at labels you can find out everything you need to know to eat a healthy diet.”

The Myth: *Fast food restaurant choices are all unhealthy.*

A fake television commercial shows a customer at a fast food joint trying to order something healthy. He is interrupted by the pushy employee trying to sell him a “McJumbo-Burger-Queen-in-a-Box.”

The Fact: *Many fast food restaurants do have healthy choices.* The narrator and Duffy compare a variety of popular fast food choices. In front of each fast food option, there is a liquid-filled test tube representing how much fat is contained in the food and a cup filled with sugar to represent the sugar content in each food.

The Myth: *Certain foods can burn fat and help you lose weight.*

The Fact: *No food can make you burn fat and make you lose weight.*

Viewers are shown a variety of boxes that have labels like “Fat Burner.” The narrator and Duffy discuss the facts about these supplements. “Fact is, no food can burn fat. The best way to lose weight is to cut back on the number of calories you eat and be more physically active,” Duffy says.

Back at the food lab, Duffy asks the doctor to explain this fact in scientific terms. The doctor explains how digestion works and why, based on human anatomy, it is impossible for food to burn fat. The doctor also refutes any notion that a cream applied on the outside of one’s body could have any affect on fat burning. “Fat is on the inside of your body. It is stored energy. The only way to get rid of it is by using or ‘burning’ that energy,” the doctor explains.

The Myth: *Eating red meat is bad for you.*

The narrator interviews young people at the mall to learn what they think about the nutritional value of red meat.

The Fact: Eating red meat in small amounts is a healthy way to get protein.

“Eating lean red meat in small amounts every once in awhile can be considered healthy. Red meat does contain some cholesterol and saturated fat, but it also contains healthy nutrients like protein, iron and zinc,” the narrator says. The narrator tells viewers which red meats are the healthiest.

The Myth: *Skipping meals is an effective way to lose weight.*

Again, viewers are shown a plethora of fake commercials. Participants in the “Stop Eating” program give fake testimonials. Viewers are shown just how ridiculous and ineffective this diet method is.

The Fact: *Skipping meals is a bad way to lose weight.*

At the food lab, the narrator and Duffy discuss the idea that skipping meals is a good way to cut calories. “Studies show that people who skip meals, especially breakfast, and eat fewer times during the day tend to be heavier than people who eat four to five times a day,” Duffy says. She explains that not eating slows your metabolism way down, making you gain weight more quickly. People who skip meals end up overeating toward the end of the day, causing them to consume more calories than their bodies require.

Duffy and the scientist also discuss the benefits of exercising as a healthy way to burn fat. “Exercise can help you increase lean muscle while decreasing fat stores. This will increase your metabolism so you will burn calories more quickly,” the scientist explains. The scientist explains that lean muscle uses calories even when one is resting. Thus, the more individuals exercise, the more lean muscle they develop, and the more overall calories they burn.

“Weight management is all about balance,” the scientist says. “If you want to decrease your weight, then increase activity and decrease the amount of calories you eat and drink.”

The video concludes with the narrator introducing the same commercials viewers were shown at the beginning of the program, only this time, each commercial tells the truth rather than selling myths:

Let’s face it; everyone knows that the best way to lose weight is to eat a balanced diet including carbohydrates and protein...

That’s right, an ALL-carbohydrate diet isn’t healthy, FAT is not our enemy; we all need to eat some of it...

There is no quick fix for losing weight, but exercise and eating a balanced diet will get you started...

An all-protein diet will make you want to eat more of other things...

Viewers are left to consider how better informed society would be about health and nutrition if we were given the correct information instead of being fed inaccuracies.

STUDENT ACTIVITIES

Name: _____

Pre/Post Test

Decide whether the following statements are true or false.

1. TRUE or FALSE: Going without carbohydrates can make you feel tired and grumpy. _____
2. TRUE or FALSE: Simple carbohydrates have little nutritional value and are high in calories. _____
3. TRUE or FALSE: If you want to follow a healthy diet, you should avoid all fats. _____
4. TRUE or FALSE: High-protein/high-fat diets are a healthy way to lose weight. _____
5. TRUE or FALSE: Because diet drinks do not have sugar, they are as good for you as water. _____
6. TRUE or FALSE: If you take a vitamin supplement, you don't need to worry about what you eat the rest of the day. _____
7. TRUE or FALSE: Fat-free foods can have as many calories as their full-fat counterparts. _____
8. TRUE or FALSE: Effective fat-burning creams have been developed that can be applied to the skin. _____
9. TRUE or FALSE: Skipping meals is a good way to cut calories. _____
10. TRUE or FALSE: Exercise can increase your metabolism so you will burn calories more quickly. _____

The Answer Key for this activity appears on the next page.

Name: _____

Answer Key

- | | |
|---|-------|
| 1. TRUE or FALSE: Going without carbohydrates can make you feel tired and grumpy. | TRUE |
| 2. TRUE or FALSE: Simple carbohydrates have little nutritional value and are high in calories. | TRUE |
| 3. TRUE or FALSE: If you want to follow a healthy diet, you should avoid all fats. | FALSE |
| 4. TRUE or FALSE: High-protein/high-fat diets are a healthy way to lose weight. | FALSE |
| 5. TRUE or FALSE: Because diet drinks do not have sugar, they are as good for you as water. | FALSE |
| 6. TRUE or FALSE: If you take a vitamin supplement, you don't need to worry about what you eat the rest of the day. | FALSE |
| 7. TRUE or FALSE: Fat-free foods can have as many calories as their full-fat counterparts. | TRUE |
| 8. TRUE or FALSE: Effective fat-burning creams have been developed that can be applied to the skin. | FALSE |
| 9. TRUE or FALSE: Skipping meals is a good way to cut calories. | FALSE |
| 10. TRUE or FALSE: Exercise can increase your metabolism so you will burn calories more quickly. | TRUE |

Name: _____

Fill in the blanks with words from the word bank. Check your answers by referring to the *What a Body Needs* fact sheet or by doing your own research. You will find useful information on the following websites:

www.kidshealth.org

www.webmd.com

www.eatwell.gov.uk

www.feinberg.northwestern.edu

www.transfatfree.com

www.mayoclinic.com

Answer Bank

calcium

folic acid

protein

calories

high-fructose corn syrup

trans fats

electrolytes

iron

fatty acids

omega-3 and omega-6

1. The average teenage boy should consume anywhere from 2,200 to 2,700 _____ each day.
2. _____ is found in dairy products, fish with edible bones and dark green vegetables.
3. _____ is a mineral that helps provide oxygen to our blood to give us more energy and muscle growth.
4. _____ is found in leafy greens, fruit, cheese and fortified cereals.

This activity is continued on the next page.

Name: _____

5. When used in appropriate quantities, certain healthy _____ can contribute to the prevention and treatment of diseases such as diabetes, heart disease, cancer, obesity, musculo-skeletal pain or inflammatory conditions.
6. Healthy fats, including polyunsaturated fatty acids like _____, are necessary for proper brain development and growth.
7. High consumption of _____ is linked to obesity and diabetes in addition to severe liver problems.
8. _____ are proven to raise the “lousy” or “bad” cholesterol and lower the “healthy” or “good” cholesterol in our bodies.
9. _____ is used by the body to build and repair muscle, bones, cartilage, skin and bones.
10. _____ are minerals that help keep our body’s fluid levels balanced and are necessary to help the muscles, heart and other organs work properly.

The Answer Key for this activity appears on the next page.

Name: _____

Answer Key

1. The average teenage boy should consume anywhere from 2,200 to 2,700 calories each day.
2. Calcium is found in dairy products, fish with edible bones and dark green vegetables.
3. Iron is a mineral that helps provide oxygen to our blood to give us more energy and muscle growth.
4. Folic acid is found in leafy greens, fruit, cheese and fortified cereals.
5. When used in appropriate quantities, certain healthy fatty acids can contribute to the prevention and treatment of diseases such as diabetes, heart disease, cancer, obesity, musculo-skeletal pain or inflammatory conditions.
6. Healthy fats, including polyunsaturated fatty acids like omega-3 and omega-6, are necessary for proper brain development and growth.
7. High consumption of high-fructose corn syrup is linked to obesity and diabetes in addition to severe liver problems.
8. Trans fats are proven to raise the “lousy” or “bad” cholesterol and lower the “healthy” or “good” cholesterol in our bodies.
9. Protein is used by the body to build and repair muscle, bones, cartilage, skin and bones.
10. Electrolytes are minerals that help keep our body’s fluid levels balanced and are necessary to help the muscles, heart and other organs work properly.

Name: _____

With busy schedules and growth spurts, food is what keeps you energized to complete your goals. But did you ever wonder if you're eating the right stuff to keep your body fueled? The best way to maintain optimum energy and a healthy weight is to eat reasonable portions of a variety of healthy foods and to exercise. While this sounds simple, it does take a little work to stick to this healthy lifestyle—but once you get in the habit, you'll feel great. How healthy is your lifestyle?

PART ONE:

Give yourself a checkup by keeping a food and exercise diary for three typical days in your life. Write down everything you eat at meals and snacks, and note the size of your portions using the shortcuts listed below (or refer to the *Portion Pointers* fact sheet for a more detailed explanation). When possible, save the food wrappers or cut out nutrition facts so you can see the intended portion size. The purpose of the journal is not to count calories, but for you to reflect on what kind of nutrition you are receiving from the foods you normally eat. Also include any exercise you do and how long you do it.

Be honest when you fill out the diary. It may be tempting to omit unhealthy foods or add more workouts, but you will get the most out of this activity if you don't. You should also try your best to eat and exercise as you usually do. If you eat only vegetables and whole grains for two days, your diary entries will look healthy, but you won't be able to analyze your actual lifestyle to see where you can improve.

Shortcuts for Estimating Portion Size

a fist	=	1 cup
a half-fist	=	½ cup
palm of hand (no fingers)	=	portion size of meat or fish (3 ounces)
thumb	=	portion size for cheese, peanut butter (2 tablespoons)
tip of thumb	=	portion size for margarine, butter

This activity is continued on the next page.

Name: _____

ACTIVITY 3B
DAILY DIARY

	Day 1	Day 2	Day 3
Breakfast <u>Sample:</u> 1 cup cereal ½ cup 1% milk			
Lunch <u>Sample:</u> ham sandwich w/mayo 1 apple 4 Oreos 6 oz. chips 2 cups apple juice			
Dinner <u>Sample:</u> 2 cups pasta w/sauce 2 meatballs 1 piece garlic bread 20 oz. diet soda 1 piece chocolate cake			
Snacks <u>Sample:</u> 1 cup chicken noodle soup ¾ cup ice cream 1 cup cereal with ½ cup 1% milk 1 cup yogurt			
Exercise <u>Sample:</u> walk to school (20 min.) basketball (2 hr.)			

This activity is continued on the next page.

Name: _____

PART TWO:

1. How balanced is your diet? Are you eating a variety of foods? From which food group did you eat the most? The least?

2. How are your portion sizes? Are you eating a lot more or a lot less than the serving size? Explain.

3. Are you getting enough exercise? The Centers for Disease Control recommends getting at least 60 minutes of activity on most days.

4. How can you improve your diet?

5. How can you improve your exercise routine?

Name: _____

FAST FOOD BREAKDOWN

PART ONE: Imagine that you get to go to your favorite fast food restaurant for lunch. What would you typically order? Write your selections below.

Item #1: _____

Item #2: _____

Item #3: _____

Item #4 (optional): _____

PART TWO: Now look up the *calories*, *total fat*, *saturated fat*, *dietary fiber* and *sodium* for each item you ordered and fill in the table below. Add up the total calories, fat and sodium for your meal.

You can find nutritional information for major fast food chains at the following websites:

All fast-food restaurants <www.calorieking.com> or <www.dietfacts.com>

Burger King <www.bk.com/nutrition/PDFs/NutritionalBrochure.pdf>

Jack-in-the-Box <www.jackinthebox.com/ourfood/dynamic/nutrition.php?cat=1>

McDonald,s <www.nutrition.mcdonalds.com/bagamcmeal/nutrition_facts.html>

Wendy's <www.wendys.com/food/pdf/us/nutrition.pdf>

Item	calories	Total fat (g)	saturated fat (g)	dietary fiber (g)	sodium (mg)
1.					
2.					
3.					
4.					
Totals for meal	_____ cal	_____ g	_____ g	_____ g	_____ mg

This activity is continued on the next page.

Name: _____

FAST FOOD BREAKDOWN

PART THREE: Keeping in mind the daily recommendations* listed below, how did your meal measure up?

- Teenage girls need 1,800 to 2,100 calories each day.
- Teenage boys need 2,200 to 2,700 calories each day.
- Teenage girls should consume 21 to 25 grams of fiber each day.
- Teenage boys should consume 30 to 38 grams of fiber each day.
- In terms of total fat intake, you should eat less than 65 grams per day.
- In term of saturated fat intake, you should eat less than 20 grams per day.
- In terms of sodium intake, you should eat less than 2,300 mg per day.

After your imaginary fast food meal, how many *calories*, grams of *total fat*, grams of *saturated fat*, grams of *fiber* and milligrams of *sodium* do you have left to use for your other meals and snacks throughout the day? After this meal, will it be a challenge to get enough fiber in your diet while keeping within the recommended limitations for calories, fat and sodium?

	calories	Total fat (g)	saturated fat (g)	dietary fiber (g)	sodium (mg)
Total for meal	_____ cal	_____ g	_____ g	_____ g	_____ mg
Total available for other meals and snacks during the day	_____ cal	_____ g	_____ g	_____ g	_____ mg

*Source: <www.kelloggs.com/nutrition/know-nutrition.html>

Name: _____

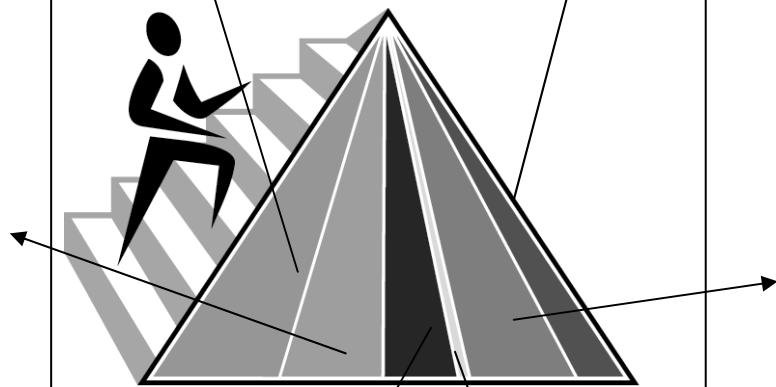
ACTIVITY 5B
PLAYING FAVORITES

Grain

Meat & Beans

Vegetable

Milk



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fruit

Healthy Oils

Fat and Sugar

Name: _____

Television commercials are flooded with advertisements for fast food, candy bars, soda and diet products. Companies pay millions of dollars every year just to make sure that you are watching their commercials. For this activity, you're allowed to watch TV! You can tune in to your normal television shows, but pay careful attention to the food and diet commercials.

PART ONE: Make notes about the food and diet ads you see during two hours of programming. How many of the following categories of ads did you see?

- candy
- soda
- fast food
- diet supplements
- your own choice of food

You can use the chart on the next page to answer the following questions about the ads:

1. What product is being advertised?
2. What company is sponsoring the ad?
3. Based on the television program and the time it is on, who do you think the target audience is?
4. What kind of music is playing?
5. What emotions are portrayed?
6. Is a celebrity endorsing the product?
7. Do you think the product being advertised would be a healthy addition to your diet?

PART TWO: When you have analyzed the advertisements, choose one of the commercials you described and create a counter-ad. A counter-ad might suggest that the original advertisement was misleading. For example, a commercial that makes the claim *If you take just one Slim-Tab a day, you can eat everything you want and still lose weight!* could be changed to *Eat everything you want and gain 20 pounds!* Your counter-ad can be done as a print ad, or if you have the equipment, try producing a radio or video commercial.

This activity is continued on the next page.

Name: _____

ACTIVITY 6B
TELEVISION ADS

	Ad 1	Ad 2	Ad 3	Ad 4	Ad 5
What product is being advertised? <i>(e.g., candy, soda, fast food, diet supplements, other)</i>					
What company is sponsoring the ad?					
Based on the television program and time it is on, who do you think the target audience is?					
What kind of music is playing?					
What emotions are portrayed?					
Is a celebrity endorsing the product?					
Do you think the product would be a healthy addition to your diet?					

Name: _____

Use the clues below to solve the crossword puzzle on the next page. If you need a hint, check out the *What a Body Needs* and *Glossary* fact sheets.

Down

1. Type of protein that contains all nine essential amino acids.
2. Niacin, folic acid and thiamin are all examples of these.
3. Fish oils are an example of _____ fats.
4. Basic units of food used for energy and growth.
10. This substance maintains a healthy thyroid gland.
11. This element aids in normal nerve and muscle function.
12. The unit of energy measurement in food.
15. It is found in hemoglobin and helps provide oxygen to our blood.
16. It helps form strong bones and teeth.
17. Trans fats are _____ at room temperature.

Across

5. Chicken, peanuts and pinto beans are great sources of _____.
6. The unhealthiest type of fat.
7. It cannot be digested by humans.
8. A vital substance that carries nutrients to cells and waste products to the kidneys.
9. Someone who does not eat meat.
13. This is also known as “good” or “healthy” cholesterol.
14. These are the components of protein.
18. This is also known as “bad” or “lousy” cholesterol.
19. Process of breaking down food into basic units.
20. Table sugar is an example of a _____ carbohydrate.

This activity is continued on the next page

Name: _____

ACTIVITY 7B
CROSSWORD PUZZLE

This Answer Key to this activity appears on the next page.

Answer Key

			1																							
			C																							
			O			2																				
			M			I			3			4														
			P	R	O	T	E	I	N			U														
			L			A			S			6	T	R	A	N	S	F	A	T						
7	F	I	B	E	R		M		8	W	A	T	E	R												
			T			I			T			I														
			E			N			U		9	V	E	G	E	T	A	R	10	I	A	N				
						S			R			N									O					
	11								12			A										13	H	D	L	
			O			A			T			S													I	
			T			L			E																N	
	14		A	M		15	I	N	O		A		16	C	I	D	S								E	
			S			R			R		A														17	S
			S			O			I		18	L	D	L												O
			I			N			E		C															L
			U						19		D	I	G	E	S	T	I	O	N							
			M								U															D
									20		S	I	M	P	L	E										

Name: _____

Imagine you're talking to a friend who doesn't have the knowledge you do about health and nutrition. How would you respond to the following statements? Use what you learned in the video and from the *Top 10 Nutrition Myths* and *Healthy Eating Tips* fact sheets to set your friend straight.

1. He says: *"I need to lose 10 pounds. I'm going to skip breakfast every day."* You say:

2. She says: *"I can't eat fast food. It's always unhealthy."* You say:

3. He says: *"Fat-free always means it's better for you."* You say:

4. She says: *"I'm going to cut carbs out of my diet so I can lose weight in a healthy way."*
You say:

5. He says: *"I take vitamin supplements, so I don't have to worry about what I eat."*
You say:

6. She says: *"As long as I watch what I eat, I don't need to exercise."* You say:

The Answer Key to this activity appears on the next page.

Suggested Answers

1. He says: *“I need to lose 10 pounds. I’m going to skip breakfast every day.”*

You say: People who skip meals, especially breakfast, tend to be heavier than people who eat four to five times a day. Skipping meals slows your metabolism, and you tend to eat more at other meals to compensate for feeling hungry.
2. She says: *“I can’t eat fast food. It is always unhealthy.”*

You say: Fast foods can be part of a healthy diet if you avoid super-sized combo meals and sodas and opt instead for salads and grilled foods or a small hamburger. French fries and other fried food are high in fat and calories, so order them rarely, order a small portion or split an order with a friend.
3. He says: *“Fat-free always means it’s better for you.”*

You say: Like all other nutrients, fats have an important place in our diet. Unsaturated fats are good for your heart and can even decrease your risk of cancer and stroke. Many processed fat-free foods have just as many calories as their full-fat counterparts. They may have added sugar, flour or starch thickeners to improve flavor and texture after fat is removed.
4. She says: *“I’m going to cut carbs out of my diet so I can lose weight in a healthy way.”*

You say: Carbohydrates are our body’s preferred energy source, so cutting them out of your diet is not a balanced eating plan. You may be eating too much fat and cholesterol and too few fruits, vegetables and whole grains. A high-protein/low-carbohydrate diet may make you feel tired and weak and can even lead to gout and kidney stones.
5. He says: *“I take vitamin supplements, so I don’t have to worry about what I eat.”*

You say: Although vitamin supplements provide vitamins you need each day, they don’t provide many other important nutrients, so they cannot replace a healthy, balanced diet.
6. She says: *“As long as I watch what I eat, I don’t need to exercise.”*

You say: Exercise can help you increase lean muscle, which will increase your metabolism. Regular physical activity can also improve cholesterol levels and strengthen your lungs and heart, which can prevent heart disease. Regular exercise is a stress reliever and can improve brain function as well.

Name: _____

Below is a list of situations that teenagers commonly encounter where they have to choose what to eat. Based on the situations below, come up with what you think are the most nutritious meal solutions available.

1. Your family is going to a Chinese restaurant for dinner. Rather than fried rice and dumplings, you could order _____. This would be a better solution because:

2. At the school cafeteria, you could get _____ and _____ . This would be a healthy lunch because:

3. At a fast food restaurant you order _____ and _____ because:

4. Between classes you decide on _____ from the vending machine instead of _____ because:

5. For breakfast, you pick _____ rather than _____ because:

Name: _____

WORD SEARCH

Find these words in the puzzle below. They may appear forward, backward or diagonally.

vegetarian
calcium
electrolytes
nutrients
sugar

healthy
dairy
diet
protein
digestion

calorie
serving
salt
fiber
vitamins

corn syrup
snack
iron
carbohydrate
junk food

A F E S C A R B O H Y D R A T E E R E S V O Y
I M O T A R S L U M R I O E O I F A U I A N R
E O E B N A I Y F I Y P R T L A S E T N N I I
C C E E N G A I C D S T R O K P N A O O D E A
O A N K A T B A O B D V D A E E M P I I T T D
R V P R A E O O E M G B E O G I A L R T V O N
N E E V R R F I U C A E I G N U L S I S A R E
S M A U I K C I S L Y I R S E V S U F E S P I
Y U O N N N C A A M R R B S L T A I K G R Y A
R T P U N L G N O A E O A N H E A R L I U S E
U O J T A R C I V G U L I A S S O R R D R F N
P B E C G E R O O R E A I C A N A J I N D H P
O R R S E R V I N G C C O K P N N E O A N K Y
H E A L T H Y T Y I R O N U T L T B I L N A Y
T A F I S E T Y L O R T C E L E E A I S A G A
E E R M D L E E T B I N A I S T N E I R T U N

The Answer Key for this activity appears on the next page.

Answer Key

C A R B O H Y D R A T E V Y
 I N R
 F T L A S T N I I
C I D R A O E A
O B O V A M I T D
R E O M E G I T O
N R F U E G N U S R
S K I I S E S E P
Y N C R S T G
R U L O N A I
U J A L A R D
P C A C I
 S E R V I N G C K E A
H E A L T H Y I R O N T N
 S E T Y L O R T C E L E
 S T N E I R T U N

FACT SHEETS

1. Myth: Carbohydrates are bad for you and should be avoided.

Fact: *You need carbohydrates to live.* Carbohydrates are our body's preferred energy source. Without adequate carbs, we get lethargic and slow. The majority of our diet should be complex carbohydrates such as whole grains, which tend to be high in vitamins, minerals and fiber. Simple carbohydrates (sugar) should be limited because they tend to be low in nutrients. The amount of carbohydrates is important, e.g., a large bagel equals nearly five carbohydrate servings.

2. Myth: All fat is bad for you.

Fact: *Fats are necessary nutrients for all of us.* Fats have a very important place in our diet. Fat helps to build healthy cell membranes, which can protect us from disease, helps us make hormones and is vital for proper brain development. However, not all fats are created equal. Saturated fats (found mainly in animal products) and trans fatty acids (found in commercially prepared baked goods and stick margarine) can raise your "bad" or "lousy" cholesterol, increasing your risk of heart disease. On the other hand, monounsaturated fat (found in seeds, nuts and olive oil) can actually improve your cholesterol levels. Omega-3 fats (found mainly in fish) can also help your heart health as well as decrease your risk of cancer and strokes. The key is to replace bad fats (saturated fats and trans fats) with healthy fats (monounsaturated fats and polyunsaturated fats). As with everything, consume fat in moderation.

3. Myth: High-protein/low-carbohydrate diets are a healthy way to lose weight.

Fact: *High-protein/low-carbohydrate diets can be an unhealthy way to lose weight.* Many low-carb diets do not provide sufficient carbohydrates to your body for daily maintenance. Getting most of your calories from meat, eggs and cheese is not a balanced eating plan. You may be eating too much fat and cholesterol, which may raise heart disease risk. You may be eating too few fruits, vegetables and whole grains, which may lead to constipation. This type of diet plan can have unhealthy side effects, like constipation, fatigue, bad breath and poor athletic performance—and even heart disease, gout and kidney stones.

4. Myth: Diet drinks are as healthy as drinking water.

Fact: *Diet drinks are not as healthy as water.* Diet drinks contain almost no nutrients, while water has several health benefits like healthy skin and blood and better energy levels. Diet drinks can damage your tooth enamel because they are often acidic. If you decide to drink diet drinks, do your teeth a favor and stick to mealtimes. Better yet, stick to milk and water, which are much healthier choices.

This fact sheet is continued on the next page

5. Myth: If you take a vitamin supplement, you don't need to worry about what you eat the rest of the day.

Fact: *Vitamin supplements cannot take the place of a healthy diet.* Although vitamin supplements may provide vitamins you need each day, they don't provide many other important nutrients, so they can't take the place of a healthy, balanced diet.

6. Myth: You can eat all the fat-free food you want and still be healthy.

Fact: *Fat-free doesn't mean healthy.* Many processed low-fat or fat-free foods have just as many or more calories as their full-fat counterparts. They may contain calorie-adding ingredients like sugar, flour or starch thickeners to improve flavor and texture after fat is removed. When people see "fat-free," they might consume much more than they should.

7. Myth: Fast food restaurant choices are all unhealthy.

Fact: *Many fast food restaurants do have healthy choices.* Fast foods can be part of a healthy diet if you avoid super-sized combo meals and sodas and opt instead for salads and grilled foods or a small hamburger. French fries and other fried food are high in fat and calories, so order them rarely, order a small portion or split an order with a friend.

8. Myth: Certain foods can burn fat and help you lose weight.

Fact: *No food can make you burn fat and make you lose weight.* The best way to lose weight is to cut back on the number of calories you eat and be more physically active.

9. Myth: Eating red meat is bad for you.

Fact: *Eating red meat in small amounts is a healthy way to get protein.* Red meat, pork, chicken and fish contain some cholesterol and saturated fat (the least healthy kind of fat), but they also contain healthy nutrients like protein, iron and zinc. Choose lower-fat meats, such as pork tenderloin and beef round steak, sirloin tip, flank steak, and extra-lean ground beef, chicken or fish. Pay attention to portion size. A portion of meat or poultry is three ounces, which is roughly the size of a deck of cards.

10. Myth: Skipping meals is an effective way to lose weight.

Fact: *Skipping meals is a bad way to lose weight.* Studies show that people who skip meals, especially breakfast, and eat fewer times during the day tend to be heavier than people who eat four to five times a day, including a healthy breakfast. Skipping meals slows your metabolism, and you tend to eat more at other meals to compensate for feeling hungry. Eating small meals throughout the day helps control appetite and keeps fuel (calories) burning.

Name: _____

- The average teenage girl should consume anywhere from 1,800 to 2,100 calories each day. The average teenage boy should consume anywhere from 2,200 to 2,700 calories each day.
- Carbohydrates are your body's main energy source. At least half of your daily calories should come from carbohydrates. The best kinds of carbohydrates are complex carbohydrates, which include whole grains, legumes and starchy vegetables. Limit simple carbohydrates that are low in nutrients, such as table sugar, candy and other sweets.
- Vitamins and minerals boost the immune system, support normal growth and development and help cells and organs do their jobs. It is best to get the vitamins and minerals you need by eating a wide variety of healthy foods and skipping the vitamin supplements.
- Calcium is a mineral that is extremely important for all teenagers, especially girls. Calcium helps form strong bones and teeth. It is found in low-fat dairy products (milk, cheese and yogurt), fish with edible bones (salmon, sardines) and dark green vegetables (collard greens, broccoli and kale). Vitamin D also helps to develop strong and healthy bones. You can get Vitamin D from the sun in as little as ten minutes, three times a week.
- Iron is a mineral that helps provide oxygen to our blood to give us energy and muscle growth. The most absorbable form of iron ("heme" iron) is found in beef, chicken, turkey (especially dark meat) and fish. Non-heme iron is also found in these foods, in addition to dried fruits and leafy greens.
- B vitamins are involved in normal growth and development. Folic acid is a B vitamin that is essential for teens, especially girls. Folic acid is found in leafy greens, fruit, cheese and fortified cereals.
- Potassium helps with muscle and nervous system function and helps the body maintain the balance of water in the blood and body tissues. It is found in broccoli, potatoes (with skins), green leafy vegetables, citrus fruits, bananas, dried fruits and legumes.
- Many other vitamins and minerals are necessary to maintain good health. Vitamin A maintains healthy skin and bones and good vision. Vitamin C helps heal wounds, maintains healthy tissues and strong blood vessel walls and helps the body absorb iron. Vitamin E may play a role in disease prevention. Zinc is important for normal growth, sexual development, the immune system and wound healing. Iodine is necessary for a healthy thyroid gland.

This fact sheet is continued on the next page.

Name: _____

- Our bodies use protein to build and repair tissues such as muscle, bones and skin.
- Fiber is necessary for digestion and can help you manage your weight. Your body needs both soluble and insoluble fiber to stay healthy. Insoluble fiber, found in vegetables, fruit and whole grains (bran, wheat and others), speeds up the movement of food through the digestive system and may promote regularity. Soluble fiber, found in psyllium, oats, legumes, apples and pears, can help lower cholesterol and blood glucose levels and help reduce the risk of heart disease.
- Electrolytes are minerals that help keep our bodies' fluid levels balanced. They are necessary to help the muscles, heart and other organs work properly. Electrolytes are measured by finding out how much sodium, potassium, magnesium, chloride, bicarbonate and glucose are in our blood.
- Certain fatty acids have many health benefits. Unsaturated fats, such as omega-3 and omega-6, are necessary for proper brain development and growth. They help the body absorb nutrients and provide antioxidants. When used in appropriate quantities, certain healthy fatty acids like omega-3 fatty acids and monounsaturated fatty acids can contribute to the prevention and treatment of diseases such as diabetes, heart disease, cancer, obesity, musculo-skeletal pain or inflammatory conditions.¹ Foods rich in fatty acids include fish oil, avocados, sesame seeds, macadamia nuts, pumpkin seeds, olives and olive oil.

A body doesn't need these...

- Partially hydrogenated oils have undergone a process that effectively changes their molecular makeup. When the oils are hydrogenated, they turn into trans fatty acids or *trans fats*. Trans fats are proven to raise LDL (the "bad" or "lousy" cholesterol) and lower HDL (the "good" or "healthy" cholesterol) in our bodies.
- High-fructose corn syrup is a sugar substitute made from cornstarch. It is much cheaper to produce high-fructose corn syrup in the U.S. than to import sugar from other countries. High consumption of high-fructose corn syrup is linked to obesity and diabetes in addition to severe liver problems.

Sources: www.kidshealth.org
www.mayoclinic.com
www.kelloggs.com/nutrition/know-nutrition
www.feinberg.northwestern.edu
www.eatwell.gov.uk
www.transfatfree.com

¹ <www.med.umich.edu/umim/clinical/pyramid/fats.htm>

The best plan for maintaining a healthy lifestyle is consuming highly nutritious foods, paying close attention to portion sizes (reading labels), consuming sweets and treats in moderation and engaging in regular physical activity.

- Eat a variety of foods. Eating a variety of types of foods will ensure that you get all of your daily nutrients. A healthy eating plan:
 1. emphasizes fruits, vegetables, whole grains and fat-free or low-fat dairy products
 2. includes lean meats, poultry, fish, beans, eggs and nuts
 3. is low in saturated fats, trans fat, cholesterol, salt (sodium) and added sugars
- Eat for energy. Eating grains, fruits and vegetables provides carbohydrates, which your body and brain use for energy. They also give you vitamins, minerals and fiber. Try foods made from whole grains, such as oatmeal, bran, brown rice and whole-wheat products.
- Snack wisely. Fast-growing, active teens have tremendous energy needs. Even with substantial meals, teens may need snacks to supply energy between meals. Snacks should be low in both fat and sugar. Some healthful snack ideas include fresh fruit, sliced vegetables with low-fat dip, low-fat yogurt, low-fat string cheese, peanut butter and crackers, baked chips, granola bars and graham crackers.
- Eat plenty of dairy products. The recommended calcium intake is at least three dairy servings. One dairy serving = 1 cup of low-fat or non-fat milk (flavored or regular), 1 cup of yogurt, 1½ ounces of hard cheese like Swiss or cheddar or 2 ounces of processed cheese like American—non-fat or low-fat dairy products are best. Other calcium sources include green, leafy vegetables and calcium-fortified foods and beverages.
- Boost your servings of fruits and vegetables. The American Cancer Society recommends five or more cups of fruits and vegetables each day to help prevent cancer.
- Drink plenty of fluids. Water is the main ingredient in all of your body's fluids, such as blood. These fluids provide nutrients and carry waste from your cells and organs. On a regular day, your body loses nearly three liters of water—about the same as 12 school milk cartons—from sweating, urinating, etc. When you exercise strenuously, your body loses even more water. You can replace the fluids your body needs by drinking water or other beverages and also by eating lots of fruits and veggies. Be sure to drink extra water when you exercise.

This fact sheet is continued on the next page

Name: _____

- Don't go too long without eating. Your body needs a steady supply of fuel to run properly, so stick with regular meal and snack times. When teens skip meals, they are more likely to grab fast food from a restaurant, vending machine or convenience store. These foods tend to be high in fat and sugar and provide little nutritional value and can lead to weight gain and poor health. To meet energy needs, teens should eat at least three meals a day, beginning with breakfast. If you can't stop to eat, grab a banana, a cheese stick or a squeezable low-fat yogurt to keep you going.
- Eat breakfast every day. Many teens skip breakfast, but this meal is particularly important for getting enough energy to make it through the day. Eating breakfast affects performance, causing you to be more alert in school and better able to learn and do sports or other activities. Easy-to-make breakfasts include cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza.
- Don't eat when you're not hungry. Sometimes you may eat just because you're watching TV or you're bored, and you end up eating too much. Your body gets hungry as a sign that it needs fuel. That's the best time to eat. No need to stuff yourself! Stop eating when your stomach feels good but not too full.
- Think about what you drink. Milk and fruit juice supply vitamins and minerals. Juices, fruit drinks and sodas are high in calories from natural or added sugar and should be consumed in moderation. Water and diet drinks are low-calorie thirst quenchers, but diet sodas can harm your tooth enamel.
- Exercise. Choose an activity that you enjoy. Regular physical activity is important to one's health, sense of well-being and maintenance of a healthy weight. Adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week (USDA guidelines). Exercise can help you increase lean muscle while decreasing fat stores. This will increase your metabolism so you will burn calories more quickly. Lean muscle uses calories even when one is resting. Thus, the more individuals exercise, the more lean muscle they develop and the more overall calories they burn. Keep in mind, *any* amount of activity is better than none.
- Balance it out. If you pig out sometimes, try eating less than usual at your next meal and working in some extra walking or biking.

Name: _____

When eating out...

- Choose a regular hamburger at your favorite fast food stop instead of the larger burger, and save about 150 calories.
- Have the small fries instead of the super-sized and save about 300 calories—or split the big fries with a friend.
- Instead of the usual burger and fries, choose a grilled chicken sandwich with a baked potato, side salad or fruit.
- Order a small soda. It has about 150 fewer calories than the large one. Or order a diet soda.
- Share an entrée with a friend when you go to a restaurant.
- Ask for half your meal to be packed for you and eat it for lunch the next day.

At home...

- Don't eat from the bag. When snacking, place a portion of chips, crackers or cookies onto a plate or in a bowl to help prevent overeating.
- Buy single portions of snack foods so that you're not tempted to eat more than you should.
- Use half the amount of butter, cream cheese, sour cream and mayonnaise you usually do—and save even more calories by using lower-fat varieties of these dairy products.

Name: _____

- The average American child eats fast food every three days. On days when children eat fast food, they consume 187 more calories on average than on days they don't.
- Children are exposed to 40,000 television commercials each year. Up to 70 percent of them are for food products, the majority of which are unhealthy.
- Poor diet and a lack of exercise have almost caught up with tobacco as being the leading cause of death in the U.S.
- The prevalence of obesity quadrupled over 25 years among boys and girls.
- Approximately 17.4 percent of adolescents (aged 12 to 19) were overweight in 2004. An additional 34.3 percent of adolescents were either at risk for being overweight or obese. The percentage of adolescents who are overweight and obese is now higher than ever before, and today's youth are the most inactive generation in history. If no intervention is made, 80 percent of overweight teens will stay overweight as adults.
- For every hour of watching television a child averages a day, his/her risk of becoming obese rises by 6 percent.
- Two-thirds of high school females are either currently on a diet or about to start one. Females who diet are much more likely than non-dieters to later engage in more health-risking behaviors and develop eating disorders.
- Teenagers' milk consumption decreased by 36 percent between 1965 and 1996, while soda consumption increased by more than 200 percent.
- One of every five calories in the American diet is liquid.
- The typical American teenage boy gets 10 percent of his daily calories from soda. For every additional daily serving of soda a child drinks, his or her risk of obesity rises by 60 percent.
- American children now get about one-quarter of their total vegetable servings in the form of potato chips or French fries.

Name: _____

READING THE LABEL

Most prepared foods—such as breads, cereals, canned and frozen foods, snacks, desserts and soft drinks—are required to have nutrition labels on their packages. These labels provide a wealth of information that can help you eat better and be healthier. Each label follows a standard format and provides the same information.

Serving Size
It's important to pay attention to the serving size and compare it with how much you eat of the food. If you were to eat two cups of this product, you would be consuming double the amount of calories and nutrients listed here.

Nutrients
This section tells you how many nutrients are in the product. In general, you should limit the amount of fat, cholesterol and sodium that you eat and make sure that you get enough dietary fiber, vitamins and minerals.

Footnote
While all nutrition label values are based on a 2,000 calorie daily diet, you can still use the Percentage Daily Value (% DV) to compare different products regardless of the number of calories you consume.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
%	
Total Fat 12g 18%	
Saturated Fat 3g 15%	
Trans Fat 1.5g	
Cholesterol 30mg 10%	
Sodium 470mg 20%	
Total Carbohydrate 31g 10%	
Dietary Fiber 0g 0%	
Sugars 5g	
Protein 5g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 20%	
Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	

Calories
This section provides the number of calories in a serving, as well as how many of these calories are from fat. In this example, 44 percent of the calories are from fat. *In general, 40 total calories is considered low, 100 calories is moderate and 400 calories or more is high. If calories for fat (multiplied by 3) equals more than total calories, then the product is high fat.*

Percent Daily Value
This tells you what percentage of the daily recommended allowance for each nutrient is provided by this food (based on a 2,000 calorie daily diet). *In general, five percent DV or less is considered low and 20 percent DV or more is considered high.*

In this example, eating the entire package (two servings) would mean that you had consumed 36 percent of your recommended fat intake for the entire day—that's more than one-third of your recommended intake in just one sitting!

Source: U.S. Food and Drug Administration, *How to Understand and Use the Nutrition Facts Label*, 2004. Online at <http://www.cfsan.fda.gov/~acrobot/foodlab.pdf>.

Name: _____

PORTION POINTERS

It can be very difficult when trying to pay attention to how many calories you eat to know how much a serving size is—most of us don't carry measuring cups and spoons with us! The following chart is a “cheat sheet” on how to estimate serving sizes based on things that you are probably familiar with in your day-to-day life.

Serving Size	Approximation	Type of Food
¼ cup	a golf ball, large egg or small handful	dried fruit (raisins, apricots, mango) or nuts
½ cup	a light bulb, ½ tennis ball	Cut-up fruit or vegetables
1 cup	a tennis ball, a fist	green lettuce or a small baked potato
1 teaspoon	the tip of your thumb to the first joint	margarine or butter
1 tablespoon	three times the tip of your thumb, ½ golf ball	salad dressing
2 tablespoons	a golf ball	cheese or peanut butter
1 ounce	the length of your thumb, four dice, a CD	a pancake or waffle
2 ounces	one small handful	chips, pretzels, nuts
3 ounces	deck of cards, cassette tape, palm of your hand	fish, meat
3 cups	three baseballs, three fists	popcorn

Name: _____

If you ever walked down an aisle at your local food store, chances are you've noticed that almost every food package has some sort of health claim printed on it. Some examples are fat-free, no-cholesterol and light. What do these mean? Can a manufacturer put anything on its label?

Fortunately, the Food and Drug Administration (FDA) has set guidelines for these claims. Only claims that can be supported with actual scientific evidence can be printed on a label. These claims also need to fit in with the regulations that the FDA has set. Listed below are the restrictions that are set for food label health claims.

Free: The food item has less than 0.5 grams per serving of a particular nutrient (*i.e.*, sodium-free, fat-free, sugar-free).

Low: The food has enough of a nutrient to make a difference in an individual's diet. Examples listed below are claims for various types of nutrients.

Low-fat:	3 grams or less per serving
Low-saturated fat:	1 gram or less per serving
Low-sodium:	140 mg or less per serving
Very low sodium:	35 mg or less per serving
Low-cholesterol:	20 mg or less and 2 g or less of saturated fat
Low-calorie:	40 calories or fewer per serving

Light: The term "light" or "lite" can be used to describe a food that has one-third fewer calories, or if the food gets more than half its calories from fat, the reduction needs to be 50 percent of the fat.

Less: In order for a package to use the word "less," a nutrient must be at least 25 percent less in that product compared to a similar food. Example: If a certain brand of frozen yogurt has 25 percent less fat than ice cream, it may use the term "less" or "fewer."

This fact sheet is continued on the next page.

Name: _____

- Lean:** This term is used to describe the fat content of meat. One serving of lean meat has less than 10 grams of fat, **4.5 grams or less than 2 grams saturated fat** and less than 95 mg of cholesterol per serving and per 100 grams.
- Extra-Lean:** Meats can qualify to carry the “extra-lean” claim if they have less than 5 grams of fat, less than 2 grams saturated fat and less than 95 mg cholesterol per serving and per 100 grams.
- Reduced:** The product was nutritionally altered to meet a health claim. If a food is considered to be “low” in a nutrient, it cannot be considered reduced.
- High:** If a food contains 20 percent or more of the Daily Value of a particular nutrient per serving, it can use the term “high.”
- Good Source:** The term “good source” can be applied to a food if that food has 10 to 19 percent of the Daily Value of a nutrient.
- More:** This term applies to a food when there is at least a **10 percent higher difference from a similar food**. If a food has been nutritionally altered to make that claim, the terms “fortified,” “enriched” and “added” can be applied.

Name: _____

amino acids:	The components of proteins
blood sugar level:	Shows the amount of glucose in the blood
calorie:	Unit that measures energy in food
carbohydrates:	Nutrients that provide energy for the body; includes simple sugars, complex carbohydrates (starches) and fiber
cholesterol:	A waxy, fat-like substance found in animal products and produced by the liver to be used by cells
dietary fiber:	A complex carbohydrate rich in plant material that is not absorbed by the body. Often present in fruits, vegetables, grains, nuts and legumes. High-fiber diets can reduce the risk of heart disease and some forms of cancer.
digestion:	The process of breaking down food into basic units
fats:	Nutrients that supply a high amount of energy to the body
glucose:	The primary source of energy in the body's cells, transported via the bloodstream
minerals:	Substances absorbed by the body and used to help it function properly
nutrients:	Basic unit of food used for energy, growth and maintenance
omega-3 fatty acid:	Unsaturated fat found in some nuts and fish that, in the right doses, improves heart function and lowers the risk of stroke
osteoporosis:	Disease of the bones that leads to an increased risk of fracture

This fact sheet is continued on the next page.

Name: _____

- protein: Nutrients that are important for building and repairing tissue. A *complete* protein contains all nine essential amino acids. Good sources of protein include chicken, beef, eggs and beans.
- saturated fat: Fat that is solid at room temperature and tends to raise blood cholesterol levels and increase the risk of heart disease. Found in butter, cheese, lard, meat fat and palm and coconut oils.
- trans fat: Like saturated fats, this unhealthiest type of fat causes an increase in dangerous LDL cholesterol and raises the potential for heart disease. Trans fat is formed when hydrogen is added to liquid vegetable oil to make a solid at room temperature. Used by food manufacturers in processed food for a longer shelf life. It may be found in vegetable shortenings, stick margarine, snack foods and other foods made with or fried in partially hydrogenated oils.
- unsaturated fats: These fats, found in plant foods and fish, are good for heart health. The best of the unsaturated fats are found in olive oil, peanut oil, canola oil, tuna and salmon.
- vegetarian: A person who does not eat meat. People who follow a vegetarian diet must make sure to include other foods that provide the protein, vitamins and minerals normally found in meat.
- vitamins: Substances that help with chemical reactions in the body. Examples: niacin, folic acid, thiamin, Vitamin C, etc.
- water: Vital element that carries nutrients to cells and waste products to the kidneys

Name: _____

American Dietetic Association
www.eatright.org

Calorie King website
www.calorieking.com/foods/

The Centers for Disease Control and Prevention (CDC)
“Body Mass Index”
www.cdc.gov/nccdphp/dnpa/bmi/index.htm

Food Standards Agency (UK)
www.eatwell.gov.uk/agesandstages/teens/

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www.girlshealth.gov/nutrition/

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www.keepkidshealthy.com/welcome/treatmentguides/weightmanagement.html

Kidnetic.com
www.kidnetic.com/BrightPapers

MealsMatter.com
“Making Sense of Portion Sizes.” Eating for Health
www.nutrition.about.com/od/foodpyramid/ss/explorefoodpyr_3.htm

USDA Dietary Guidelines for Americans 2005
www.healthierus.gov/dietaryguidelines

USDA Food and Nutrition Information Center
www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.html

Weight Control Information Network
National Institute of Diabetes and Digestive Kidney Diseases (NIDDK)
www.win.niddk.nih.gov/

Name: _____

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