

Nutrition & Obesity (Part 1)

Req #2 (partial)

Obesity is an epidemic

- Obesity epidemic >50 years
 - Poverty & **education** key factors
- **We are what we eat**
 - Processed pre-packaged foods (high calorie "junk food")
- **We eat too much**
 - Portion sizes
- **We are too sedentary**
 - Passive lifestyles



So, what should I do?



BEST DIETS
USNews

Find the Best Diet For You
U.S. News evaluated 32 of the most popular diets and identified the best.
See the Top-Rated Diets
How We Rank Diets
Learn How to Pick the Best Diet For You

Best Diets Overall #1 DASH Diet #2 TLC Diet See full list of Best Diets Overall	Best Weight-Loss Diets #1 Weight Watchers #2 Biggest Loser and 2 mor See full list of Best Weight-Loss Diets
Best Diabetes Diets #1 (tie) Biggest Loser #1 (tie) DASH Diet See full list of Best Diabetes Diets	Best Heart-Healthy Diets #1 Ornish Diet #2 TLC Diet See full list of Best Heart-Healthy Diets
Best Commercial Diet Plans #1 Weight Watchers #2 Jenny Craig Diet See full list of Best Commercial Diets	Best Diets for Healthy Eating #1 DASH Diet #2 TLC Diet See full list of Best Diets for Healthy Eating
Easiest Diets to Follow #1 Weight Watchers #2 Jenny Craig Diet See full list of Easiest Diets to Follow What Makes a Diet Easy to Follow?	Best Plant-Based Diets #1 Mediterranean #2 Flexitarian See full list of Best Plant-Based Diets Why We Rank Plant-Based Diets

Diets?

- Obviously no "best"
 - Marketing and hype
 - Maybe a Mediterranean diet?
- How to make an overly complex topic more easy to understand?
- Body will make what it needs from raw materials
 - Carbohydrate
 - Proteins
 - Lipids (fat)
- **Caloric intake is the key**
 - Net + weight gain
 - Net - weight loss



Counting calories?



- Online calculators available
 - Age, sex, exercise habits
- Calorie count listings
 - Food labels
 - Restaurant menus
- **Magic number:**
2000 calories per day

But, what should I eat?



- USDA program
 - <http://www.choosemyplate.gov>
- Help people make better dietary choices (type and quantity)
- Provides a understandable visual reference guide to portion sizes*
- Identifies five food groups
 1. Fruits
 2. Vegetables
 3. Grains
 4. Proteins
 5. Dairy

Food Groups



FRUITS & VEGETABLES

- Any whole or 100% fresh juice
 - Raw, cooked, frozen, canned, dried, dehydrated
 - Cooking lowers nutrition
- Important source
 - Vitamins
 - Minerals
 - Roughage (fiber)
- Fruit good "sweet" substitute

GRAINS

- Any food made from wheat, rice, oats, corn, barley
 - Bread, pasta, cereal, oatmeal, tortilla
- Whole grains
 - Entire husk, bran, germ, endosperm (eg. brown rice, oatmeal)
 - Dietary fiber, iron, B vitamins, folate
- Refined grains
 - Milled whole grain (eg. "white" flour, -bread, -rice)
 - Deficient many nutrients & vitamins

Food Groups



PROTEINS

- All food from meat, poultry, fish, eggs
- Dry beans or peas, nuts, seeds
- Good energy source
 - Keep bones & muscles strong
 - Risk of too much red meat and high-fat meat (bacon)

DAIRY

- All food from milk (cheese, yogurt, cream)
- Good source of calcium and fat
 - Emphasis on "low-, no-fat" milk

Oils, Fats, Sweets



The "Other" Food Group

- A part of all foods groups
 - Oils– liquid
 - Fats– solid
 - Cholesterol is animal based
- Saturated & trans fats
 - Hydrogenation of oil
 - Less healthy
 - (eg. meat/ milk fats, lard, butter, coconut)
- Sweets
 - Contain high amounts of oil and fat
 - "supercharged" caloric boost
 - (eg. french fries, churro, parfait)
- LOTS of calories= weight gain



Current Eating Habits -Troop Discussion

■ Breakfast



■ Lunch



■ Dinner

■ Snacks



Meal Plan for a Day**

- Breakfast
- Lunch
- Dinner
- Snacks



Determine daily activity level and caloric need.
Plan an appropriate meal for the day.

Questions?

