



Calories

Your body uses calories for energy. Most young people eat between 1,500–3,000 calories a day.

The number of calories you need each day will depend on your size, gender, and activity level.

If you take in more calories than you use, you gain weight. If you burn more calories than you take in, your body will use calories that are stored as fat, and you will lose weight.

Eat Healthy

Read Food Labels

Here are a few tips to help you become a savvy label reader.

► Note the serving size

You might check the label for information on the bag of chips you are about to eat, but not realize that there are three servings in the bag.

► Avoid trans and saturated fats

Both contribute to heart disease and diabetes. Try to limit yourself to less than 2 grams of trans fat and 15 grams of saturated fat a day.

► Check calories and carbohydrates

Most nutrition calculations are based on a daily diet of 2,000 calories and 200–350 grams of carbohydrates.

► Watch for hidden sugar

Sugar is often added to processed food to make it taste better. All of the following usually mean that sugar has been added: syrup, fructose, maltose, dextrose, glucose, lactose, and sucrose.

► Beware of deceptive advertising

Many products use healthy sounding words like “all natural,” “lean,” or “low fat.” Read labels and decide for yourself if a product is healthy.

Calorie Quiz

Can you match the food to the calorie count?

Apple	400
Banana	250
Celery (1/2 cup)	80
French Fries (medium)	300
Ice Cream (1/2 cup)	10
Pepperoni Pizza (1 slice)	145
Snickers Candy Bar	105

Apple-80 / Banana-250 / Celery-105 / French Fries-300 / Ice Cream-10 / Pepperoni Pizza-145 / Snickers Candy Bar-105

“Tell me what you eat, and I will tell you who you are.”

Jean Anthelme Brillat-Savarin



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Eat Healthy



To be healthy, you need to eat the right foods. You also need to pay attention to how much you eat.

There are many benefits to eating healthy. For example, when you eat healthy you have:

- ▶ more energy
- ▶ better sleep
- ▶ healthier weight
- ▶ better skin, hair, and nails
- ▶ healthier cardiovascular system
- ▶ stronger bones and muscles
- ▶ fewer illnesses
- ▶ better concentration

When you eat a healthy diet, you feel better, look better, and you have the energy you need to make the most of every day.

“One should eat to live, not live to eat.”
Benjamin Franklin

Make Healthy Choices

Making good choices and eating a balanced diet will provide your body with the nutrients necessary for good health.

Fruit – Fruit is an excellent source of vitamins and minerals, and it makes a great snack.

Vegetables – The more veggies you eat the better. Fresh and steamed vegetables have the most nutrients.

The USDA recommends that half your daily intake of food be fruits and vegetables.



Grains – Choose whole grains. Whole grain bread and rice have more nutrients and flavor than white bread and rice.

Protein – Foods that provide protein include meat, beans, eggs, fish, and nuts. Choose lean meats that are grilled or baked—not breaded or fried.

Dairy – Look for fat-free or low-fat dairy products, and choose yogurt over ice cream.

Treat your body well. Eat fresh foods whenever possible and stay away from high calorie processed foods.

Healthy Eating Tips



- ▶ Eat a healthy breakfast. It will provide you with the fuel you need to function effectively throughout the morning.
- ▶ Drink water. One of the best things you can do for your body is to drink 6-8 glasses of water per day.
- ▶ Choose to be around people who have healthy eating habits. (It's hard to eat healthy when everyone else is eating pizza.)
- ▶ Diet and exercise go hand in hand. If you're active, you're more likely to eat healthy.
- ▶ Choose healthy snacks, such as nuts, yogurt, fruit, and energy bars. They are filling and taste great.
- ▶ Use a smaller plate. You can't put as much food on a small plate, and your portions will look larger.
- ▶ It takes about 20 minutes for your brain to realize you're full. Eat slowly, relax, and enjoy your meal.
- ▶ Can't eat just one potato chip? Then don't start. Pick up a piece of fruit instead.
- ▶ Salads are great, as long as they aren't loaded with cheese, croutons, etc. Avoid high fat/high calorie dressings, and order dressing on the side.
- ▶ Break the habit of automatically munching while watching TV, browsing the web, etc.