

Module

3

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

*Eat Well & Keep Moving*

# 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 obesity, diabetes, 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: nuts, seeds, beans, eggs, poultry, and fish
- **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!





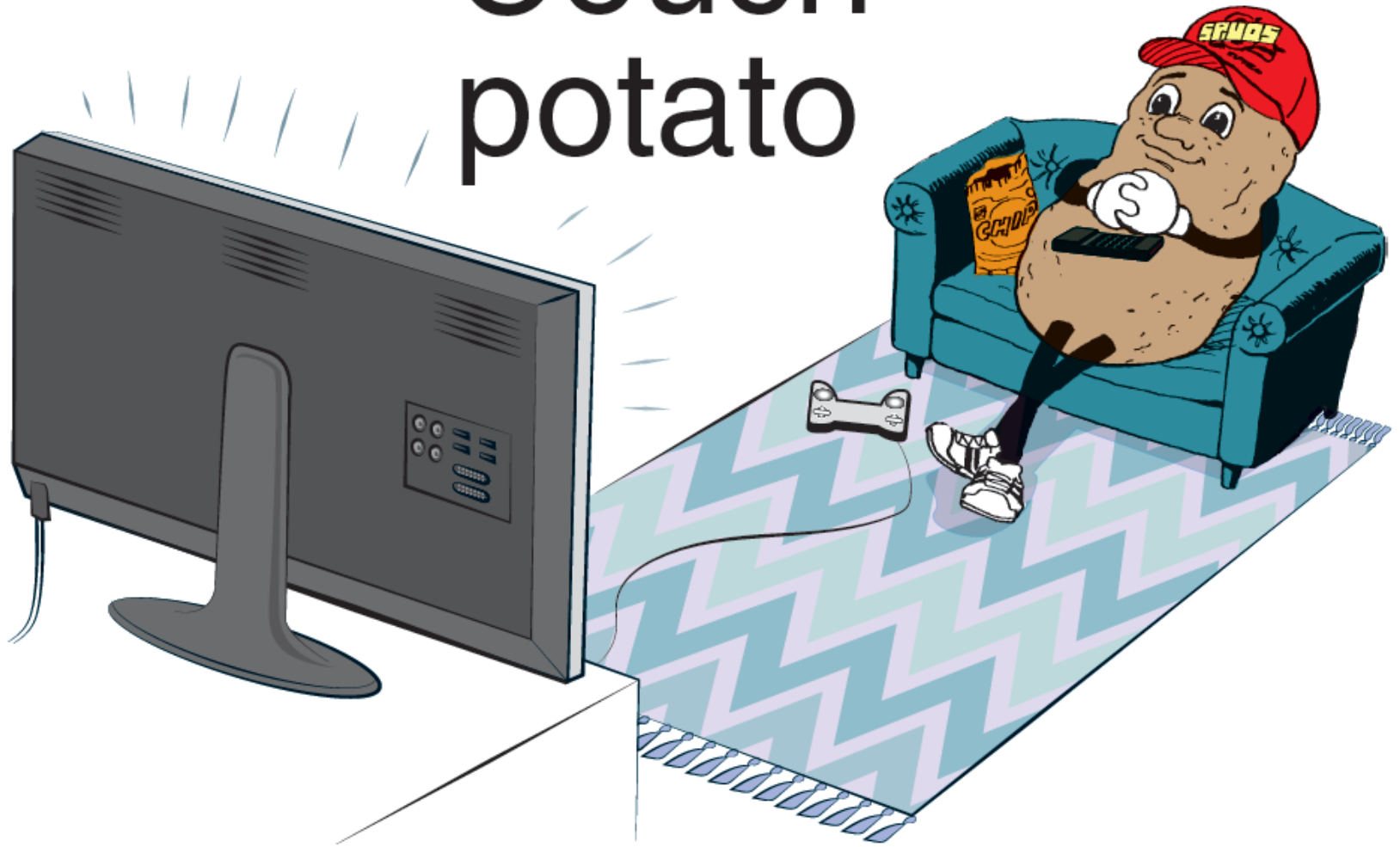
# ***Dietary Guidelines for Americans***

- **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



# The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



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

# Make the Switch From Sugary Drinks to Water

- **Water is essential to human survival, optimal functioning, and health.**
- **Sugary beverages such as soda, sports drinks, energy drinks, and fruit drinks are filled with empty calories, meaning they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong.**



# Choose Colorful Fruits and Vegetables Instead of Junk Food

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



# Choose Whole Grain Foods and Limit Foods With Added Sugar

- **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, making sure to check the nutrition facts label and ingredient list for added sugar.**





# Choose Foods With Healthy Fat, Limit Foods High in Saturated Fat, and Avoid Foods With Trans Fat

- **Healthy fat can help lower the risk of heart disease and stroke.**
- **Unhealthy fat—including saturated fat and especially trans fat—increases the risk of heart disease and stroke.**
- **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 can be rich in whole grains.**



# Be Physically Active Every Day for at Least an Hour

- **Regular physical activity helps prevent unhealthy weight gain, obesity, and several chronic diseases.**
- **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.**



# Limit TV and Other Recreational Screen Time to 2 Hours or Less 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 consuming more calories.**
- **Limit total recreational screen time to no more than 2 hours each day, whether it be a TV, computer, smartphone, or other handheld device—anything with a screen counts!**



# Get Enough Sleep to Give the Brain and Body the Rest They Need

- **Children who don't get enough sleep have a harder time paying attention in school, and lack of sleep is linked to unhealthy weight gain.**
- **Children ages 6 to 12 should be getting at least 10 hours of sleep each day.**
- **Set up a regular bedtime routine and provide a bedroom without a TV, and with smartphones and other screens turned off.**



**Questions?**