



Nutrition & Obesity (Part 2)

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“Top Grubmaster Challenge”

- 4. Obesity occurs from all the following EXCEPT**
- a) Eating processed pre-packaged food
 - b) Getting off the couch and going for a walk around the block
 - c) Super-sized portions of food
 - d) Poverty and lack of education

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What should I eat?



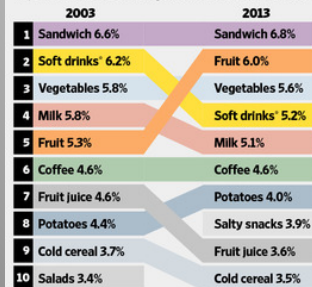
- USDA program
 - <http://www.choosemyplate.gov>
- Help people make better dietary choices (type and quantity)
- Provides a understandable visual reference guide to portion sizes*
- Identifies five food groups
 1. Fruits
 2. Vegetables
 3. Grains
 4. Proteins
 5. Dairy

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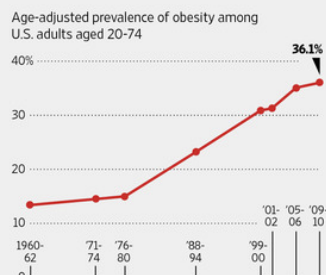
A National Trend

Eating More Fruit and Snacks, Less Salad

Top 10 foods and beverages consumed in-home and away-from-home



*Carbonated Note: Does not include tap and bottled water consumption
Source: NPD Group's National Eating Trends In-Home/Away-From-Home database, years ending in Feb.



Sources: CDC, NCHS; National Health Examination Surveys

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"Top Grubmaster Challenge"

5. According to MyPlate, the major food groups are which?

- 1) Fruits & Vegetables
- 2) Grains
- 3) Dairy & Protein
- 4) Sugars, Fats & Oils

- a) Answers 1 & 3
- b) Answers 2 & 4
- c) Answers 1, 2 & 3
- d) Answer 4

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What's a food label?*

- Designed to help you make healthier choices.
- Breaks down the amount of calories, carbs, fat, fiber, protein, and vitamins per serving of the food.
- Makes it easier to compare the nutrition of similar products.
 - Look at different brands for the same foods
 - Nutrition information can differ a lot for the same serving size
 - more calories and sugar than another brand

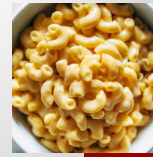


*from CDC

<https://www.cdc.gov/healthyschools/bam/nutrition/nutrition-facts-label.htm>

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Reading a food label



1. Check the Serving size first. All the numbers on this label are for a 2/3-cup serving.
2. This package has 8 servings. If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.
3. Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.
4. Choose foods with more fiber, vitamins, and minerals.
5. Choose foods with lower calories, saturated fat, sodium, and added sugars. Avoid *trans* fat.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	Calories 230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Any easier ways to count calories?



- **Calories** is more an abstract number for the public, **defined as the amount of energy to be had from that food**
- Calorie listings mandated by law (a measurable "thing")
- Calorie calculators
 - too complicate, labor intensive
 - subject to bias and non-specific population averages
- **Magic number goal:**

2000 calories per day, mixed with a little common sense

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“Top Grubmaster Challenge”

6. Regarding Calories...

- a) Are a way we measure the amount of “energy” food has
- b) Can add up quickly with larger portions, “sides”, and extra servings
- c) Cause obesity if you consume more than you expend
- d) All the above

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An “Average” Diet —A Physician’s Perspective



- There are countless “fashionable” diets on the market catering to your uncertainty
 - There's no best diet
 - Need to be informed; need to be aware
 - MyPlate is a good guide (relative portion sizes)
 - Food labels provide caloric intake perspective
- Day-to-day dietary variability less important
 - Good faith effort to balance nutritious diet
 - More concerned with long-term trend
 - Balancing calories in vs. calories out (i.e. weight)
 - If I'm more hungry, I eat more (no guilt)

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Simple Nutrition Habits

- **Hide the "cookie jar"**
 - Put a bowl of fruit in kitchen
 - Remove the high calorie pre-packaged snack foods
 - Snack smartly (trail mix)
- **Limit portion sizes**
 - Smaller plates/ bowls
 - Slow down when eating
 - Careful with "sides"
 - Try half-sized second helpings



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Simple Nutrition Habits

- **Drink water & fresh juices**
 - Sodas & syrup drinks should be a rare treat
 - Fruit is a great "sweet"
- **Exercise as an "alternative"**
 - Get outside!
 - Simple activity >10 min/ day



Scouts already know how to eat a more healthy diet, the challenge for you is to follow through and do your best!

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Questions?

