

# The Importance of Healthy Eating

## Healthy Eating Is A Choice

- During this lesson you will learn about seven food groups to keep you healthy
- It will take you around 30-45 minutes to complete the unit
- You will scroll through each slide, starting with seven unit
- You will groups learn about sugar, sodium, and fat, how calories consumed and calories exerted affect your weight, and find out about some diseases that can occur with an unhealthy diet.

## Conclusion

We all would benefit from a healthier diet. Try to eat healthy foods such as fruits and vegetables. Watch how much sodium, fat, and sugar you consume. Exercise more. If you keep an eye on what you eat your body will thank you.

## Diseases Caused By Unhealthy Eating

### Heart Disease



### High Blood Pressure



### Cancer



### Obesity



### Type 2 Diabetes



## Seven Food Groups

- Fruits
- Vegetables
- Grains
- Meat
- Dairy
- Fish
- Bread



### Fruits



### Vegetables



### Grains



### Meat



### Fish



### Dairy



### Bread



## Calories Consumed & Calories Exerted

Your body uses a certain number of the calories in the food you consume for energy. Calories left over will stay in your body and cause you to gain weight. When you move, you burn more calories, giving you the energy to do more things.

If you eat the same number of calories that your body burns, then your weight will be the same. If you consume fewer calories, you will lose weight, and if you eat more calories than your body needs, it stores those excess calories as extra weight.

## Sugar, Fats, & Sodium

Too much sugar, fat, and sodium can cause the body harm. It is a good idea to watch which foods you eat everyday.

### Sugar



### Fats



### Sodium (salt)



## Welcome

- The purpose of this unit is to help you understand how to eat healthy and why eating healthy is important.
- This topic is important due to the rise in obesity in children ages 6-12 year old and the overall lack of exercise due to TV and video games.
- Most people do not understand that you can eat healthy foods that taste great as well.
- Healthy foods do not cost more money than fast foods and can be easily purchased at your local grocery store.
- What you learn from this lesson will help you not only today but also for the rest of your life!

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# Seven Food Groups

Fruits  
Vegetables  
Grains  
Meat  
Dairy  
Fish  
Bread



# Fruits

Fruits ( apples, oranges, plums, watermelon) are loaded with vitamins, minerals, fiber, and antioxidants, which have been shown to protect against chronic diseases such as heart disease and cancer.



# Vegetables

Vegetables ( such as carrots, cucumbers, and broccoli) also protect against chronic diseases such as heart disease and cancer. They are also low in calories, making them a great choice for a healthy body.



# Grains

Current scientific evidence indicates that whole grains play an important role in lowering the risk of chronic diseases, such as coronary heart disease, diabetes, and cancer, and also contribute to body weight management. The findings were published as a supplement to The Journal of Nutrition in May 2011 and made available as a Free Article.





# Fish

The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.



# Meat

Vitamins are a big part of one's diet, and Vitamin A, B and D are commonly found in meat as well. Not only do these vitamins promote good vision, stronger teeth and bones but it also support the central nervous system thus promoting mental health as well.



# Dairy

Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.



# Bread

Bread products contain healthy ingredients with nutritional benefits. Many types of bread contain heart-healthy nuts or seeds, which are high in unsaturated fats, and walnuts and flaxseed even provide omega-3 fatty acids.



# Sugar, Fats, & Sodium

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# *Sugar*

Too much sugar can make you prone to becoming overweight, as sugary foods tend to be relatively high in calories, particularly if they are fatty as well – like cakes, biscuits, chocolate and pastries. Having frequent sugary snacks and drinks can lead to tooth decay



# *Fats*

It is important to keep an eye on the overall amount of fat you eat and what type of fat this is. There are three main types of fat:

Saturated fat  
Unsaturated fat  
Trans fats



## *Sodium (salt)*

Too much salt is linked to high blood pressure, people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure.





## Calories Consumed & Calories Exerted

Your body uses a certain number of the calories in the food you consume for energy. Even while sitting still, you are burning calories to maintain normal body functions. When you move, you burn more calories, giving you the energy to complete the activity.

If you eat the same number of calories that your body burns, then your weight will be the same. If you consume fewer calories, you will lose weight, and if you eat more calories than your body needs, it stores those excess calories as extra weight



## Diseases Caused By Unhealthy Eating



# Heart Disease

Coronary heart disease is a narrowing of the blood vessels that carry oxygen and blood to the heart. People who eat too much animal fat, especially saturated fat, are at risk of coronary heart disease



# High Blood Pressure

Foods that are high in sodium and saturated fats, as well as a lack of adequate hydration in the diet can all lead to high blood pressure.



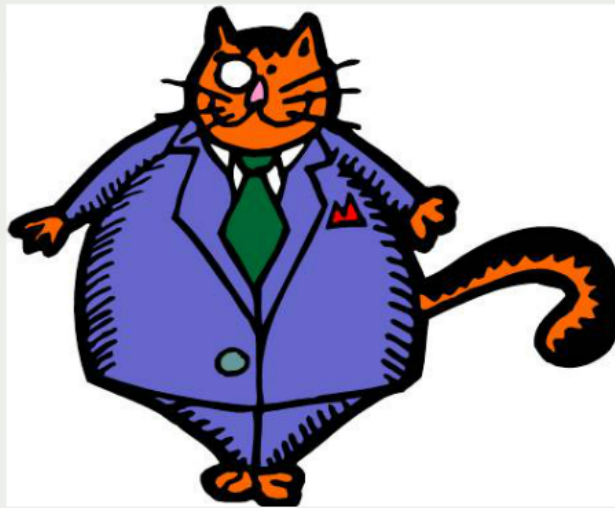
# Cancer

Because poor nutrition causes the immune system to be weakened, a poor diet can often prohibit the body from fighting off certain types of cancer. Those individuals who do not get enough vitamins and nutrients in their food are at risk of cancer caused by immune deficiency.



# Obesity

Obesity is a common problem in today's society of inactivity and poor diets. Foods that are high in sugar and saturated fats lead to obesity, which can open the door to a number of other diseases including heart problems and diabetes. When we consume more calories than we burn overtime our bodies have trouble storing the extra fat.



## Type 2 Diabetes

Type 2 diabetes is a disorder in which the blood has too much glucose in it that the body cannot process. Diabetes is often caused by diets that are too high in calories and sugar.



# Conclusion

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