



Healthy Living





Keys to Healthy Eating

- Moderation
- Balance
- Variety
- Accountability*



You Are What You Eat: Micronutrients

- Vitamins
 - Water Soluble vs. Fat Soluble
- Minerals



You Are What You Eat: Macronutrients

- Protein (10% - 35%): 4 calories per gram
 - Plant vs. Animal
- Carbohydrates (45% - 65%): 4 calories per gram
 - Complex vs. Simple
- Fat (20% - 35%): 9 calories per gram
 - Saturated vs. Unsaturated vs. Trans
- Water



Change is the Only Thing Constant in Life



Food Labels

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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8 servings per container	
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% Daily Value*	
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Saturated Fat 1g	5%
<i>Trans</i> 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.	



Nutrients not Calories

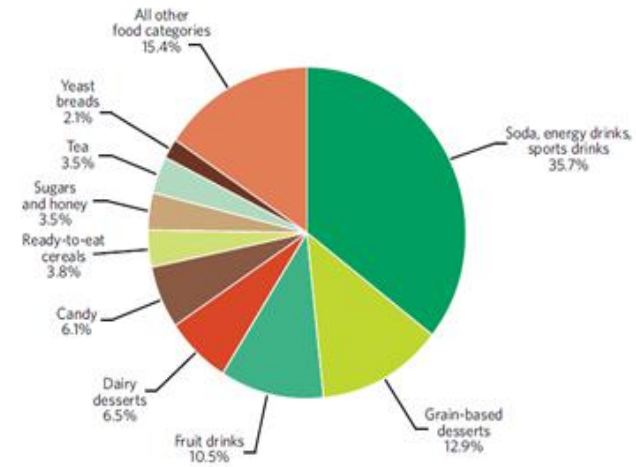




Added Sugars



FIGURE 3-6. Sources of Added Sugars in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2005-2006*



a. Data are drawn from analyses of usual dietary intake conducted by the National Cancer Institute. Foods and beverages consumed were divided into 97 categories and ranked according to added sugars contribution to the diet. "All other food categories" represents food categories that each contributes less than 2% of the total added sugar intake.

Source: National Cancer Institute. Sources of added sugars in the diets of the U.S. population ages 2 years and older, NHANES 2005-2006. Risk Factor Monitoring and Methods. Cancer Control and Population Sciences. http://riskfactor.cancer.gov/diet/foodsources/added_sugars/table5a.html. Accessed August 11, 2010.



Consequences of

Food Choices


Preventable Diseases





More Than Just Nourishment

- Cultural
- Social
- Psychological

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- Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

— 1 Corinthians 6:19-20

- All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.

— 1 Corinthians 10:23

- Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

— 1 Corinthians 10:31

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- Do not mix with winebibbers, Or with gluttonous eaters of meat; For the drunkard and the glutton will come to poverty, And drowsiness will clothe a man with rags.


– Proverbs 23:20-21

- In all labor there is profit, But idle chatter leads only to poverty.

– Proverbs 14:23

- Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

– Ecclesiastes 4:12

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- And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”


— Genesis 1:29

- Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.

— Genesis 9:3

- For every creature of God is good, and nothing is to be refused if it is received with thanksgiving;

— 1 Timothy 4:4

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- “Therefore I say to you, do not worry about your life, what you will eat or what you will drink...But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

— Matthew 6:25-33

- “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

— Matthew 4:4