

ABCs for Good Health

Counting Up Sugar

Find out how many pounds of sugar you eat in a year just by drinking soda!

1. Write the number of 12 -ounce cans of soda you drink in one week. _____
2. Multiply that number by 12, the average number of teaspoons of sugar in a 12-ounce can of soda.

$$\underline{\hspace{10em}} \times 12 \text{ tsp. sugar} = \underline{\hspace{10em}}$$

Number of sodas in one week Total number of teaspoons
of sugar in one week

3. Multiply your TOTAL number by 52 to find out how many teaspoons of sugar you eat in one year.

$$\underline{\hspace{10em}} \times 52 = \underline{\hspace{10em}}$$

Total number of teaspoons of sugar
in one week Number of teaspoons of
sugar in one year

4. Divide that number by 108 to find out how many pounds of added sugar you eat in one year from soda alone. (108 teaspoons of sugar = 1 pound)

$$\underline{\hspace{10em}} \div 108 = \underline{\hspace{10em}}$$

Number of teaspoons of sugar
in one year from soda Pounds of sugar consumed
in one year from soda

You eat many other foods that contain added sugar besides sodas. Each American eats about 68 pounds of added sugar each year, according to USDA food intake surveys. That is a lot of sugar!!!!!!

TO INCREASE CALORIE EXPENDITURE—
be more physically active.

Activity	Calories expended per hour ¹	
	Man ²	Woman ²
Sitting quietly	100	80
Standing quietly	120	95
Light activity:	300	240
Cleaning house		
Office work		
Playing baseball		
Playing golf		
Moderate activity:	460	370
Walking briskly (3.5 mph)		
Gardening		
Cycling (5.5 mph)		
Dancing		
Playing basketball		
Strenuous activity:	730	580
Jogging (9 min./mile)		
Playing football		
Swimming		
Very strenuous activity:	920	740
Running (7 min./mile)		
Racquetball		
Skiing		

¹May vary depending on environmental conditions.

²Healthy man, 175 lbs; healthy woman, 140 lbs

Source: Derived from McArdle, et al., Exercise Physiology, 1986.

TO DECREASE CALORIE INTAKE—

Eat a variety of foods that is low in calories and high in nutrients:

- Eat less fat and fatty foods.
- Eat more fruits, vegetables, and breads and cereals—without fats and sugars added in preparation and at the table.
- Eat less sugars and sweets.
- Drink little or no alcoholic beverages.

Eat smaller portions; limit second helpings.

Activity: Burning off calories

2 women meet for a lunch. Each of them eats an ice cream sundae.

The sundae has a total of 900 calories.

One woman goes back to her computer job at the office.

The other woman is finished working for the day and decides to go for a jogging.

How long does it take for each woman to burn off the calories from the sundae?

You may approximate.

A man and a woman meet for lunch. They each have a salad and a glass of lemon water.

Total number of calories for the meal is 200.

They decide to go and play a round of golf together.

How long does it take for them to burn off the calories from their lunch?

You may approximate.

UNDERSTANDING NUTRITION



Consumer Skills

PART ONE: READING FOOD LABELS

Circle the ingredients on each label. Then use the apple juice and apple drink labels to compare the two beverages. Write the answers to each question on the lines provided.

APPLE JUICE
VITAMIN C ENRICHED

NUTRITION INFORMATION PER SERVING

SERVING SIZE	6 FL. OZ.
SERVINGS PER CONTAINER	6-2/3
CALORIES	120
PROTEIN	0
CARBOHYDRATES	30 GRAMS
FAT	0

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	
VITAMIN A	
VITAMIN C	45%
THIAMINE (VITAMIN B ₁)	2%
RIBOFLAVIN (VITAMIN B ₂)	2%
NIACIN	
CALCIUM	
VITAMIN B ₆	6%
PHOSPHORUS	2%

*CONTAINS LESS THAN 2% OF THE U.S. RDA OF THESE NUTRIENTS. APPLE JUICE ALSO CONTAINS 225 mg POTASSIUM PER 6 FL. OZ. SERVING.

INGREDIENTS: APPLE JUICE, APPLE JUICE FROM CONCENTRATE, ASCORBIC ACID (VITAMIN C). NO ARTIFICIAL FLAVORS OR COLORS ADDED. NO SUGAR ADDED.

APPLE DRINK
ENRICHED WITH VITAMIN C

NUTRITION INFORMATION PER SERVING

SERVING SIZE	6 FL. OZ.
SERVINGS PER CONTAINER	7-2/3
CALORIES	90
PROTEIN	0
CARBOHYDRATES	23 GRAMS
FAT	0

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCE (U.S. RDA)*

VITAMIN C	45%
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*CONTAINS LESS THAN 2% OF THE U.S. RDA OF PROTEIN, VITAMIN A, THIAMINE, RIBOFLAVIN, NIACIN, CALCIUM, AND IRON.

ARTIFICIALLY COLORED

INGREDIENTS: WATER, APPLE JUICE FROM CONCENTRATE, SUGAR, CORN SWEETENER, FUMARIC AND CITRIC ACIDS (PROVIDE TARTNESS), APPLE AND OTHER NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), SODIUM CITRATE (REGULATES TARTNESS), ARTIFICIAL COLOR, STANNOUS CHLORIDE (TO MAINTAIN COLOR) CONTAINS NOT LESS THAN 10% APPLE JUICE.

- What is the primary ingredient?
- What is the serving size?
- How many Calories per serving are there?
- What percent of the RDA for vitamin C is supplied by a serving?
- What nutrient has been added to enrich the beverage?

Apple Juice	Apple Drink
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



120 DAYS

Join me on my journey to!



May 6, 2012



When THE PAIN to rethink the same is GREATER than the pain to change. we change

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Theme by Andrew

Eat less CRAP:
C - carbonated drinks
R - refined sugar
A - artificial sweeteners & colors
P - processed foods

Eat more FOOD:
F - fruits & veggies
O - organic lean proteins
O - omega 3 fatty acids
D - drink water



























blogilates:

Eat less "CRAP". Eat more "FOOD".

Love it!

6 MONTHS AGO

VIA INSTAGR.AM

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