



A Weigh of Life

Class #1- Back to the Basics

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Back to the Basics

- **Risks and complications of Obesity**
- **MyPlate Guidelines**
 - **Fruits/Vegetables**
 - **Grains**
 - **Protein**
 - **Dairy**



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Why discussing this topic is important?

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- In 2012- more than 1/3 of children and adolescents were overweight and obese

Age	% of Obese Children in 1980	% of Obese Children in 2012
6-11 years old	7%	18%
12-19 years old	5%	21%



What is the rate in Hawaii?

- Only 24% of Adolescents ate fruits or drank 100% fruit juices more than 2 times per day
- Only 15% of Adolescents ate vegetables more than 3 times per day
- While 1/3 of adolescents watched television 3 or more hours per day on a school day
 - Only 18% of Adolescents were physically active for 60 minutes per day.
- 1 out of 5 Adolescents drank a soda at least one time per day.

Age	% of Overweight Children in 2010	% of Obese Children in 2012
2-18	26.5%	23.6%



Childhood obesity has both immediate and long-term effects on health and well-being

Immediate Health Effects

High
Cholesterol

High Blood
Pressure

Pre-
diabetes

Bone and
joint
problems

Sleep
Apnea

Low
Self-
Esteem

Long Term Health Effects

Heart
Disease

Type 2
Diabetes

Stroke

Several
types of
Cancers

Osteoarthritis

Hodgkin's
Lymphoma

Is there a specific cause for overweight/obesity?

- **Current evidence indicates that the origin of child overweight/obesity is multifactorial**
 - Lack of physical activity
 - Unhealthy eating patterns
 - Combination of the two above
 - Genetics
 - Prenatal Factors
 - Environment





Prevention!!!

Let's try to develop
Healthy Lifestyle Habits
such as:

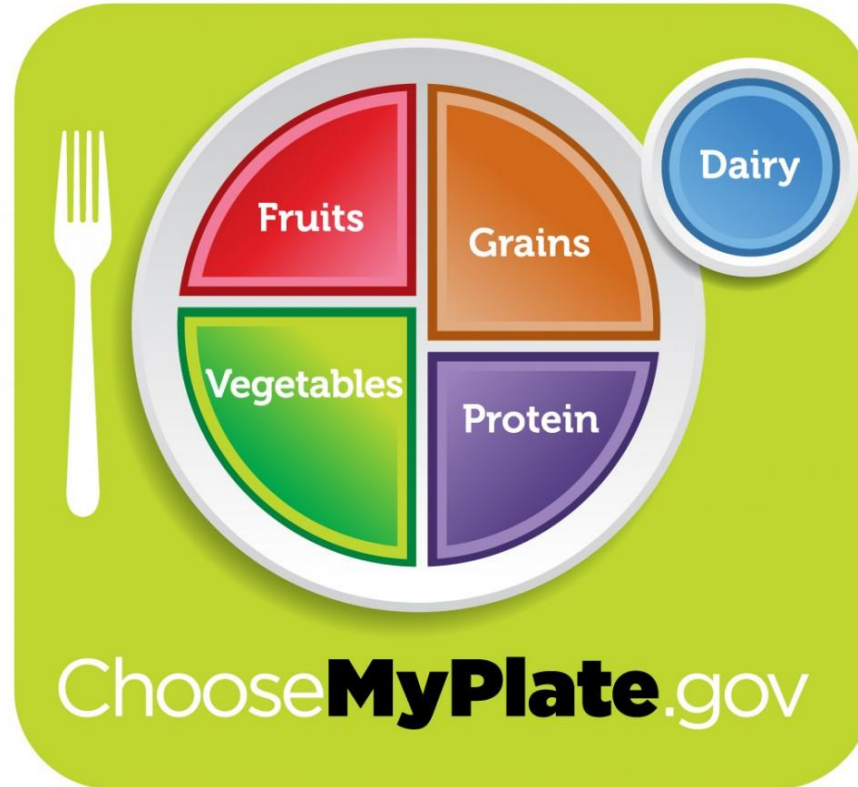
Healthy Eating

Physical Activity



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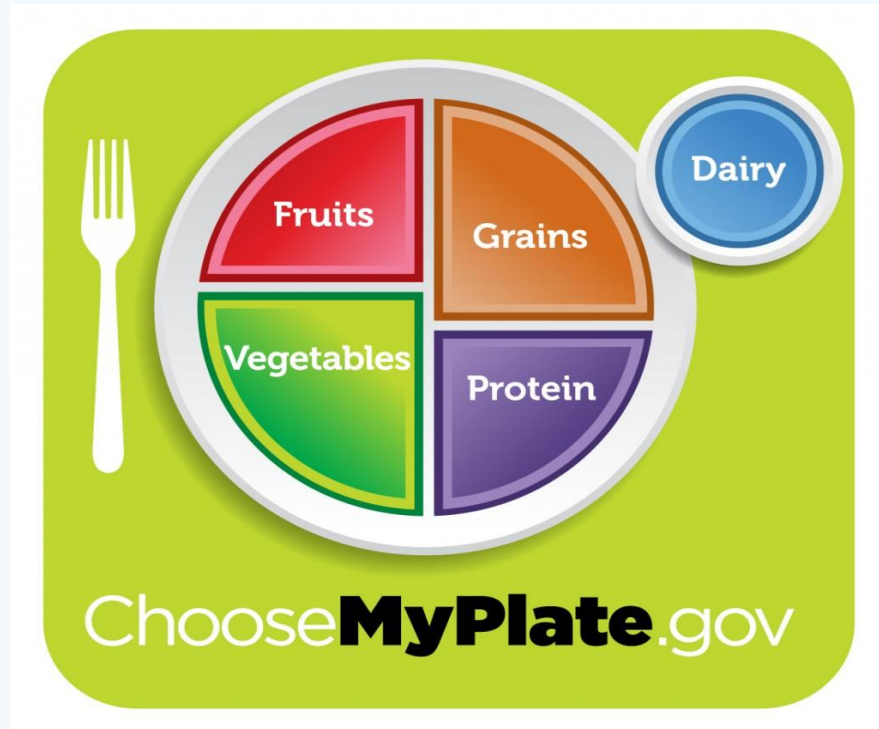
My Plate Guidelines



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What's on your Plate?

Before you eat- think about what and how much food goes on your plate.



Quick Tips

- Make Half of your Plate Fruits and Vegetables
- Make at least half of your grains whole
- Switch to skim or 1% milk
- Vary your protein food choices

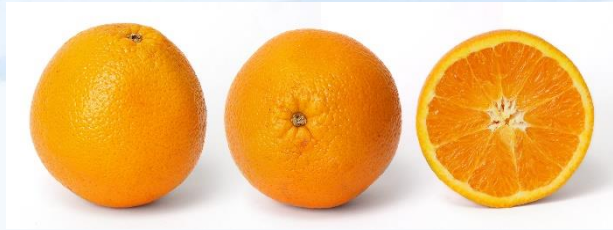


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Red

Red Bell Pepper/Apple



Orange

Oranges, Carrots



Purple or Blue

Eggplant, Purple Cabbage

Make $\frac{1}{2}$ your plate Fruits and Vegetables



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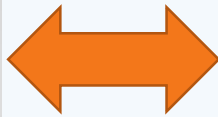
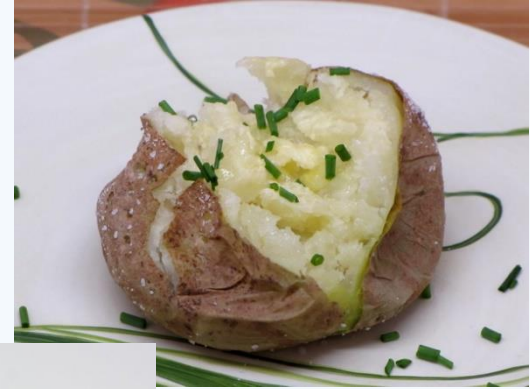
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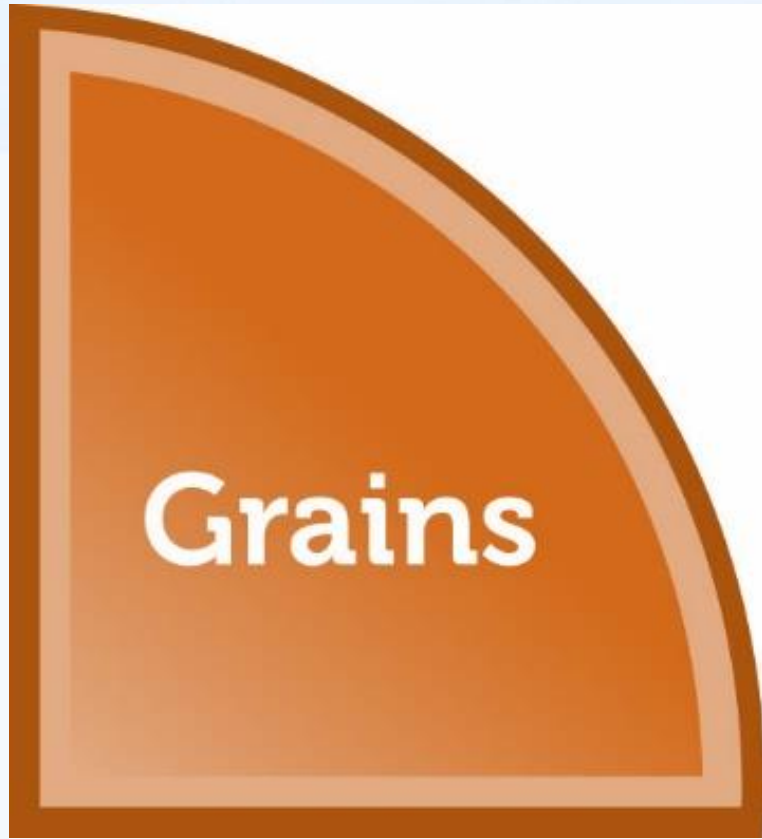
WATCH OUT FOR ADDED CALORIES

INSTEAD OF THIS:



CHOOSE THIS:





- What do grains include?
 - Breads, Cereals, Rice, Pasta, Popcorn
- What is the difference between whole grain and refined grains?
 - Whole grains contains the entire kernel- the bran, germ, and endosperm.

Make Half your grains Whole



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Look for “whole grain” in the ingredient list!

Look for more fiber 10-19% of the Daily Value!

Examples of Whole grains include:

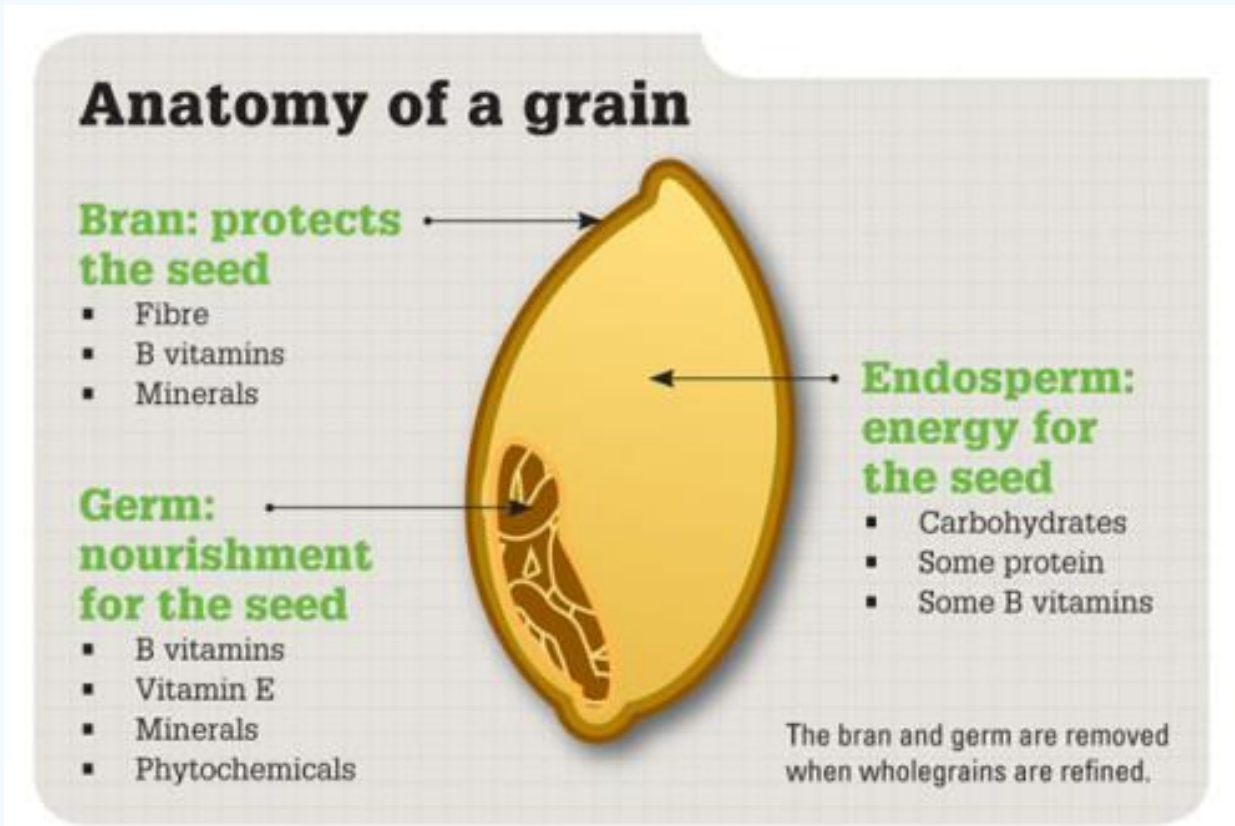
100% Whole Wheat Bread

Brown Rice

Whole Wheat Pasta

Quinoa

Nuts





Baked Fish



Grilled Chicken



Steak

Keep your Protein Lean



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Milk and Yogurt

Cheese and Soymilk

Got your Dairy Today?



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* Have more than one food group for breakfast

* Smoothie? Include fresh fruits with milk and yogurt.

* Eggs with Mixed Brown/Rice or Whole Wheat Toast

Breakfast Ideas

* Try to have all food groups at this meal!

* Turkey and Cheese Sandwich on Whole Wheat Bread with sliced apples and a 1% chocolate milk

Lunch Ideas

* Hamburger with Whole Wheat bun, corn and fruit parfait for dessert.

Dinner Ideas

Let's Rate your Plate!



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MAHALO!

Start where you are. Use what you have. Do what you can.

- Arthur Ashe

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