



# 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:

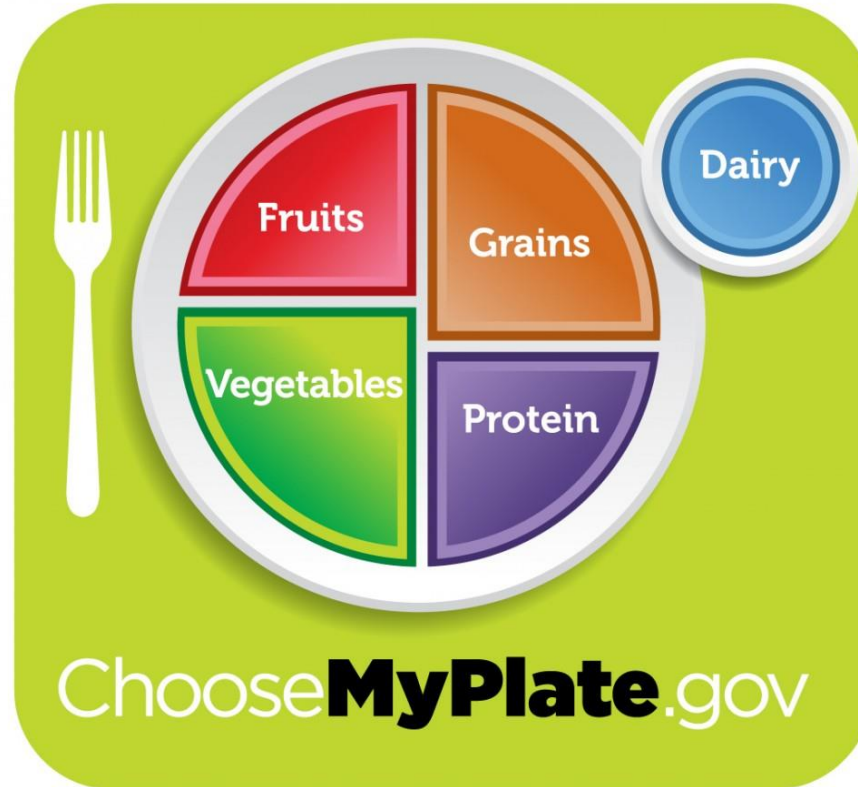
Healthy Eating

Physical Activity



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# My Plate Guidelines

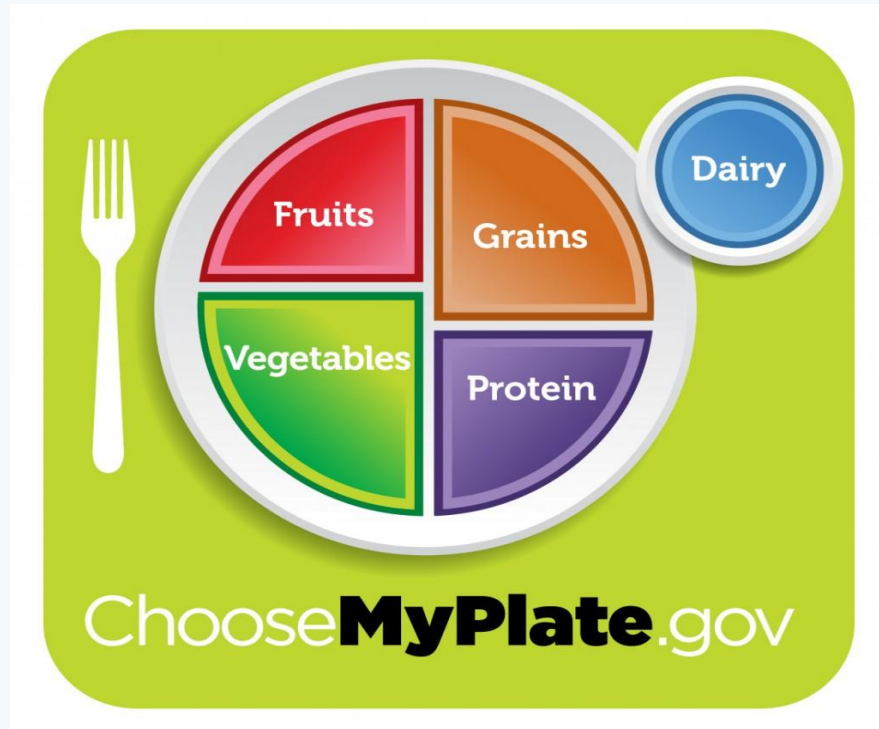


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# What's on your Plate?

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

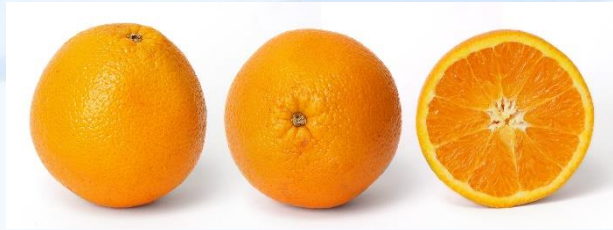


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Red

Red Bell Pepper/Apple



Orange

Oranges, Carrots



Purple or Blue

Eggplant, Purple Cabbage

**Make ½ your plate Fruits and Vegetables**



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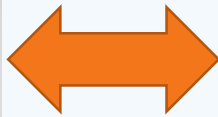
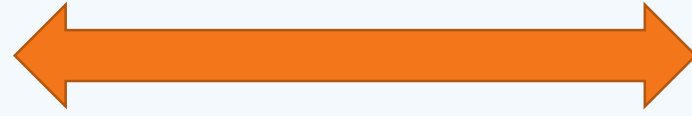
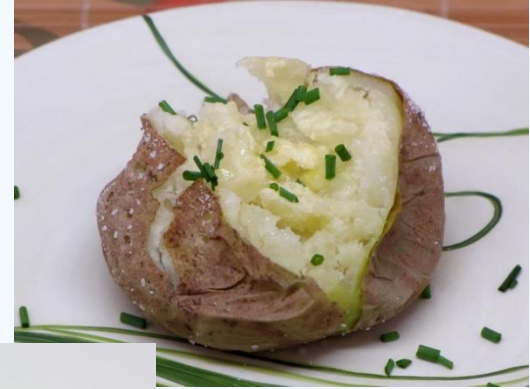
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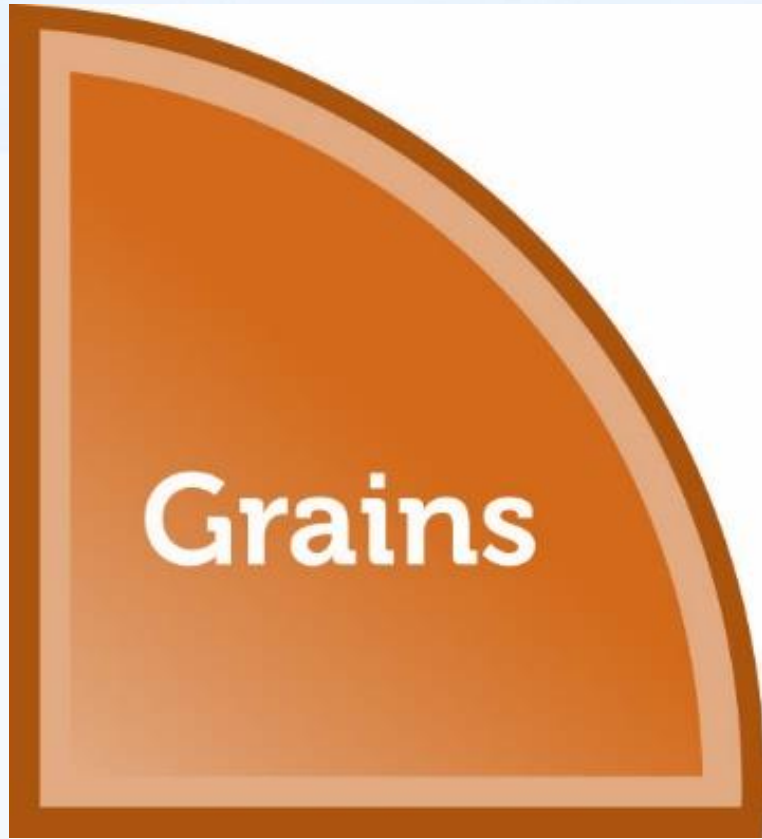
# WATCH OUT FOR ADDED CALORIES

**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:

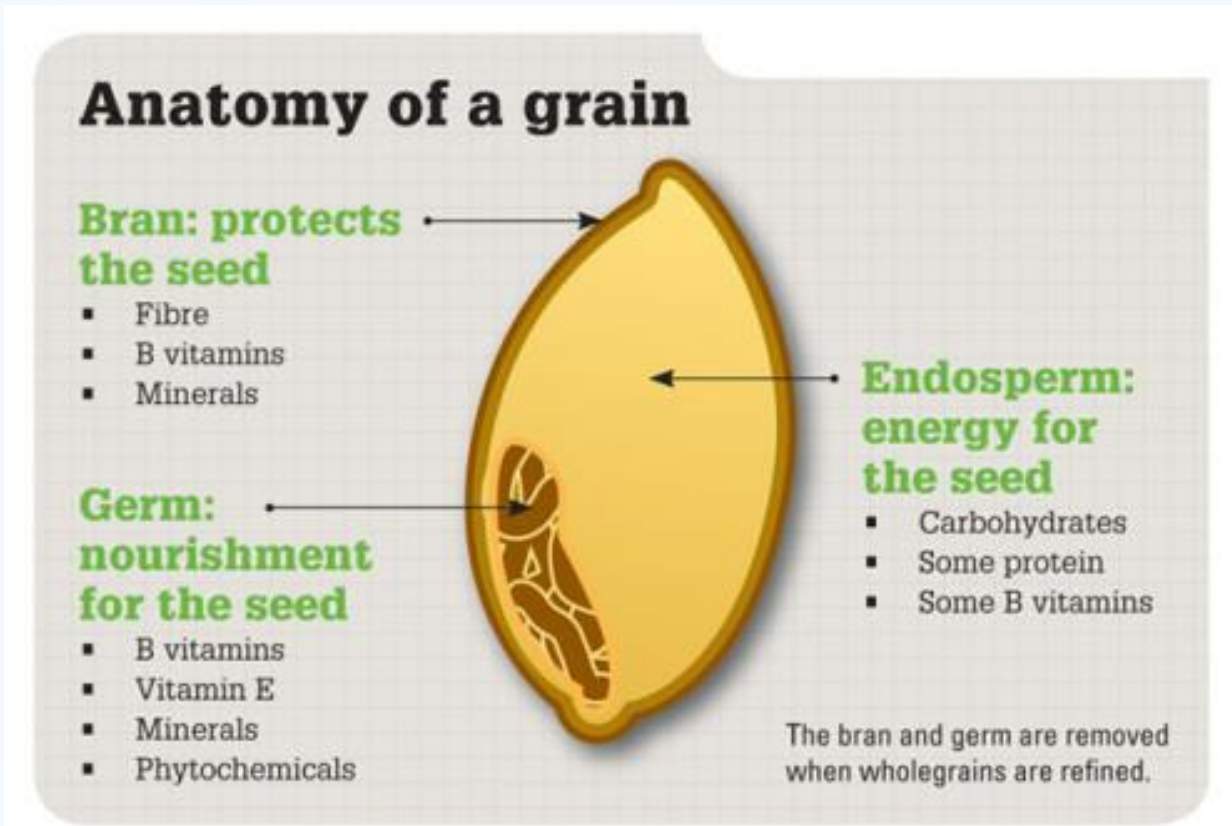
100% Whole Wheat Bread

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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