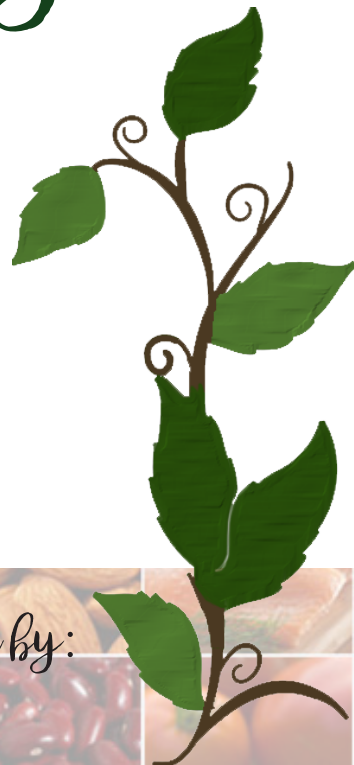




Healthy Food Healthy You



Written and Designed by:
Emily Marquez



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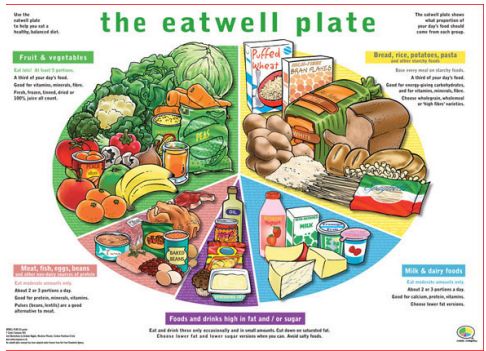
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YOUR NUTRITION

YOUR HEALTH

Eating is one of everyone's life's greatest pleasures. People eat food for enjoyment, nutrient needs, energy needs, and for culture. There is always a limit,

too much of anything is always bad. People require energy and other essential nutrients. Essential ingredients include minerals, vitamins, certain amino acids, and certain fatty acids. All of these together are required for overall health.



THE DIETARY GUIDELINES

The Dietary Guidelines answer the questions, "What should Americans eat, how should we prepare our food to keep it safe and wholesome, and how should we be active to be healthy?" The Dietary Guidelines help Americans make smart choices about food and their physical activity so they can have healthier lives.

Follow a healthy eating pattern across the lifespan.

All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight.

Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Shift to healthier food and beverage choices.

Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.

WHAT IS CONSIDERED BAD FOOD?

PROCESSED FOODS

Markets and Food producers began to introduce "Convenience food" which were pre-packaged products that made the American life easier and cheaper to eat and enjoy life.



Food processing combines raw food ingredients to produce marketable food products that can be easily prepared and served by the consumer.

Foods have been chemically processed and made solely from refined ingredients and artificial substances, are what is generally known as "processed food." Food manufacturers want their processed food products to have a long shelf life. So, Fiber is taken out and the ingredients used are refined. One consequence of this is that it takes less energy to eat and digest processed foods. We can eat more of them in a shorter amount of time (more calories in) and we also burn less energy (fewer calories out) digesting them than we would if they were unprocessed, real food.

FAST FOODS

Fast Foods have large amounts of carbohydrates, added sugar, unhealthy fats, and sodium. When you constantly eat a lot of fast foods, that excessive





HISTORY ON BAD FOODS



From the 1800's, the necessity and desire for quality has been replaced by quantity and speed. As our nation grows, the demand for food continues to skyrocket, and the quality of food that Americans once sought after, has been replaced by cheap, processed, and regulated food that is easy to obtain. Food processing is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. This is the reason for our unhealthy, processed, crappy diets many Americans buy into. Processed foods come in many different kinds of packages and containers that protect the food from invading microbes and make them safe and available year round.



Trans fats were invented in the 1890s and entered the food supply in the 1910s. Some processed foods became available as early as the 1910s.

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FAST FOODS



There are 50,000 fast food chain restaurants open today in America. McDonalds being the #1 fast food restaurant. When someone needs something fast and to go, fast food would be their first easy option. People know it's bad for them but still continue to eat it.



THE EFFECTS ON BAD EATING

- The obesity levels are increasing
- Weight gain
- Heart failure
- High blood pressure
- Bloating and puffiness
- Insulin resistance
- High cholesterol
- Blood sugar spike
- Tooth decay/cavities
- Poor nutrition



McDonald's Logo	1/2 POUNDER	70	McDonald's Logo
	1/2 POUNDER	60	
	BIG MAC	85	
FILET-O-FISH	48	LARGE Order Free	46
CHEESEBURGER	33	FRENCH FRIES	26
HAMBURGER	28	HOT APPLE PIE	26
MILK	20	COFFEE (small hot or iced)	15
	HOT CHOCOLATE		15
SHAKES CHOCOLATE STRAWBERRY VANILLA COFFEE			35
COCA COLA - ROOTBEER - ORANGEADE	15 &		20
TRIPLE RIPLE ICE CREAM CONE			20





FUN FACTS



- 1) In a 2012 study, 52% of Americans (that were polled) believed doing their taxes was easier than figuring out how to eat healthy.
- 2) Fiber helps your body digest food. It is found in vegetables, whole grains and fruit.
- 3) Minerals make healthy skin and strong bones and teeth.
- 4) French fries are the most popular type of fast food in America.
- 5) Americans consume the most ice cream in the world.
- 6) Fruit juice can have more calories and sugar than soda.
- 7) McDonald's is visited by 90 percent of American children on a monthly basis.
- 8) Decaffeinated coffee is not caffeine-free.
- 9) Cooked vegetables can be more nutritious than raw ones.
- 10) Over 10 billion donuts are consumed in the US every year.



THE MOVEMENT



-Many communities have managed to restrict sales of sodas such as in school lunchrooms, vending machines, and other eating establishments.

-FDA made a decision that Trans Fat was no longer safe.

-Trans Fat has been banned and removed from restaurants.

-Instead of Trans Fats, food manufacturers now use vegetable oil as a substitute.

- American Dietary guidelines recommend that Americans should keep their trans fat level as low as possible.

- The USDA recommends 2 to 4 servings of fruit a day and 3 to 5 servings of vegetables a day

-Everyone should drink 8 ounces of water everyday.



SOURCES



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