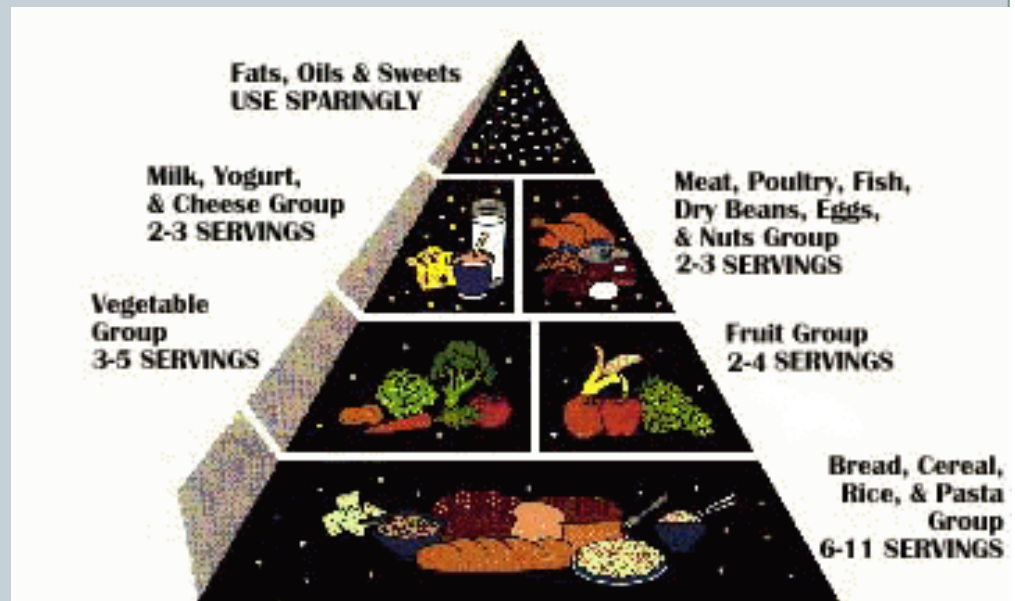


Healthy Living as a Pre-Med

**PRESENTED BY THE STUDENT LIFE
COMMITTEE**



The Food Pyramid

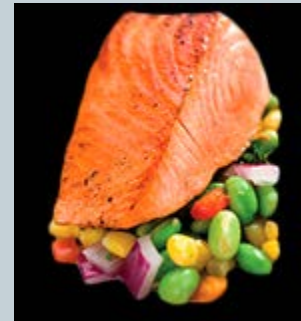


- What is the food pyramid?
 - It is an outline of what to eat each day based on the Dietary Guidelines. It's a general guide that lets you choose a healthful diet that's right for you.
- What are some examples of foods that are part of the food pyramid?
 - Milk, yogurt, cheese, fruit, vegetable, bread, cereal, rice, pasta, meat, poultry, fish, etc.



Food Groups Overview

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy
- Oils





Fruits



- **How much do you need to eat?**
 - For men and women aged 19-30 years old, it is recommended that you get 2 cups daily.
- **Why is it important to eat fruit?**
 - May reduce risk for heart disease, can protect against certain types of cancers, may lower blood pressure, reduce risk of developing kidney stones, and help decrease bone loss.
- **Nutrients in fruits**
 - They are low in fat, sodium, and calories. None have cholesterol. They include potassium, dietary fiber, vitamin C, and folate.

Vegetables



- **How much is needed?**
 - For men aged 19-30, 3 cups is recommended, and for women aged 19-30, 2.5 cups is recommended.
- **Health Benefits and Nutrients:**
 - May reduce risk for heart disease, can also protect against certain cancers, may reduce risk of obesity and type 2 diabetes, may lower blood pressure, reduce risk of developing kidney stones, decrease bone loss, and can help lower calorie intake
 - Also contains potassium, dietary fiber, folate, vitamin A, and vitamin C. Vitamin A keeps eyes and skin healthy and helps to protect against infection.
 - Just to name a few examples: beans, broccoli, spinach, beets, carrots, tomatoes, mushrooms, onions, cauliflower, etc.

Grains



- Grains are divided into Whole Grains and Refined Grains
- What is Refined grain?
 - Refined grain have been milled, a process that removes the bran and germ. This gives them a finer texture and improves their shelf life, but it also removes dietary fiber, iron, and many B vitamins
 - Some examples include white flour, de-germed cornmeal, white bread, and white rice.
- What is a Whole grain?
 - Whole grains contain the entire grain kernel (bran, germ, and endosperm)
 - They include whole-wheat flour, cracked wheat, oatmeal, whole cornmeal, and brown rice.

Grains (continued)

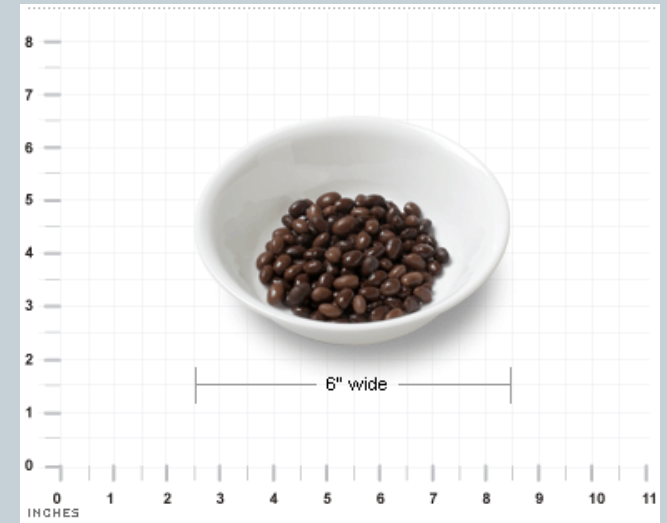
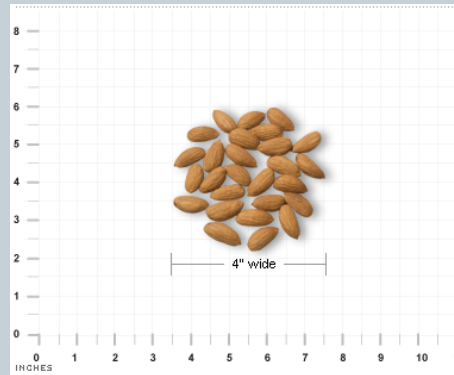


- Most refined grains are enriched, meaning certain B vitamins and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list of refined grain products to see if its been enriched or not.
- How much should you eat?
 - For men aged 19-30, it is recommended that you eat 8 ounce equivalents, with at least 4 ounce equivalents being whole grains. For women aged 19-30, it is recommended 6 ounce equivalents with at least 3 ounce equivalents being whole grains.

Protein Foods



- What would you consider to included in this group?
 - All foods made from meat, poultry, seafood, beans, and peas, eggs, processed soy products, nuts, and seeds.



How much protein should you eat?



- For women 19-30 years old, recommended 5.5 ounce equivalents. For men 19-30 years old, recommended 6.5 ounce equivalents.
- Choose lean or low-fat meat and poultry. Select some seafood that are rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and mackerel.
- Processed meats such as ham, sausage, and luncheon or deli meats have added sodium. Limit your sodium intake by also choosing unsalted nuts and seeds.

Importance of Protein Group



- **Why might this group be important, but also harmful for your health?**
 - Foods in the meat, poultry, fish, eggs, nuts, and seed groups provide nutrients that are vital for your body, they include protein, B vitamins, vitamin E, iron, zinc, and magnesium.
 - Proteins function as building blocks for your body, as well as for enzymes, hormones, and vitamins.
 - B vitamins found in this food group help the body release energy, play a vital role in the function of the nervous system, aid in the formation of RBCs, and help build tissues.
 - Iron is used to carry oxygen in the blood, magnesium is used in building bones and in releasing energy from muscles. Zinc is necessary for biochemical reactions and helps the immune system function properly. Omega-3 fatty acids may reduce the risk for heart disease

Dairy Group



- All fluid milk products and many foods made from milk are considered part of this group. Foods made from milk that retain their calcium content are part of the group, but those that do not retain it are not part of the group. You should select fat-free or low-fat products.
- How much milk do you think you should drink?
 - Recommended for women and men 19-30 years old is 3 cups daily.



Health Benefits and Nutrients



- Intake of dairy products is linked to improved bone health and may reduce the risk of osteoporosis. Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.
- Dairy products contain calcium, potassium, and vitamin D. Vitamin D functions in the body to maintain proper levels of calcium and phosphorus.
- It is important to make fat-free or low-fat choices from the dairy group because many cheeses, whole milk, and products made from them are high in saturated fat.



Oils



- Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are not a food group, but they provide essential nutrients.
- Commonly eaten oils include canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil.
- Foods like nuts, olives, some fish, and avocados naturally contain high levels of oil.



Why is it important?

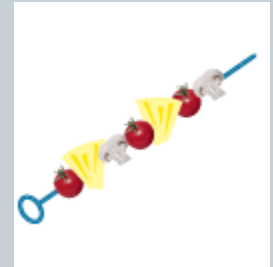


- Oils contain more monounsaturated and polyunsaturated fats. Solid fats contain more saturated fats and/or trans fats, which tend to raise “bad” LDL cholesterol levels in the blood, which increases the risk for heart disease.
- Recommended that women 19-30 years old get 6 teaspoons of oils, and men 19-30 years old get 7 teaspoons.
- You could simply consume enough oil in the foods you eat, such as nuts, fish, cooking oil, and salad dressings.

Tips for Eating Healthy when eating out



- Ask for water, fat-free milk, or any drinks without added sugars
- Ask for whole-wheat bread for sandwiches
- Start your meal with a salad packed with veggies
- Ask for salad dressing to be served on the side
- Choose main dishes that include vegetables
- Order steamed, grilled, or broiled dishes instead of those that are fried or sauteed
- Order foods that do not have creamy sauces or gravies
- Add little or no butter to your food
- Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, vegetables, string cheese, or unsalted nuts to avoid buying sweet or fatty snacks



For more information...



Firefox | ChooseMyPlate.gov | Chicken Nuggets: How Bad Are They... | www.choosemyplate.gov | yahoo health fast food

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- > Fruits & Veggies Video Contest
- > Healthy Eating on a Budget
- > SuperTracker
- > 10 Tips Nutrition Education Series
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Stay Connected:

Let's Move! Faith & Communities Communities on the Move VIDEO CHALLENGE

✓ FOLLOWING \$2,000 in prizes

Rules | Discussions | FAQ | Resources

Let's Move! invites faith-based, community, and other organizations to create inspiring videos about their efforts to reverse the trend of childhood obesity.

Let's Move! Faith & Communities Video Contest

First Lady Michelle Obama's Let's Move! initiative celebrates their 2nd anniversary with a community video contest.

What's Cooking?

- **Tip of the Day** – Most sodium comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the Nutrition Facts label to choose foods with a lower % DV for sodium.
- **Communities on the Move Video Challenge** – First Lady Michelle Obama's Let's Move! initiative invites faith-based, community, and other organizations to...

Newsroom

For Consumers

- > Dieters
- > Pregnant & Breastfeeding Women
- > Children (6-11 yrs)
- > Preschoolers (2-5 yrs)
- > En Español

For Professionals

- > Educators/Teachers
- > Health Care Professionals
- > Partners
- > MyPlate Graphics

Related Resources

- USDA**
- Let's Move! Initiative**
- Know Your Farmer Know Your Food**

A Good reason to avoid fast food



- “Pink slime” – was recently dropped by big name fast food chains in their burger patties
- Meat that wouldn’t be considered edible can now be made edible, it is commonly called mechanically separated meat. It is treated with ammonium hydroxide, commonly used as a household cleaner and in fertilizers. Artificial flavors are added to make it taste like meat. Mechanically separated meat is to blame for a number of processed meat products.
- <http://www.youtube.com/watch?v=wshlnRWnf30>

Why exercise?

- ▶ Take a break
 - De-stress!
 - Spend time with friends
- ▶ Improves mood
- ▶ Boosts energy
- ▶ It's good for your brain
 - Neural stem cells
- ▶ Overall health and fitness
 - Reduces risk of heart disease, high blood pressure, diabetes, stroke...

Places to go

▶ Gym

◦ RSF

- Group X classes (yoga, cardio kickboxing, studio cycling, core, strength training, body toning...)
- Intramural sports
- Sport clubs

▶ Campus

▶ Explore Berkeley

◦ Parks

Healthy Living

- ▶ Make it regular
 - Even 30 minutes a day, a few times a week can have lots of health benefits
- ▶ Exercise doesn't have to be a chore
 - Make it fun and enjoyable

EATING AND EXERCISING

❖ When to eat

- Depends on when you plan on exercising
 - In 3 hours
 - Large Meal
 - In 2 hours
 - Small Meal
 - In 1 hour
 - Small Snack



SNACKS

❖ Types of Snacks

- Energy or Granola Bars
 - Fiber One Bars, Kashi Bars
- Fresh Fruit
- Yogurt
- Whole grain bagel or crackers
 - Wheat Thins



OTHER SNACKS

❖ ≤ 0.5 g saturated fat per serving

- Popchips
- Baked Lays
 - Original and Barbecue
- Tradere Joe's Cheese Puffs



EATING DURING EXERCISE

❖ When ?

- If your session is longer than 1 hour

❖ What?

- 50 g of carbs for every hour of exercise
 - E.g: 1 PB and J
 - 2-3 Bananas
 - 800 mL of sports drink
 - Gatorade



STAYING HYDRATED

❖ Daily Fluid Intake

- Men
 - 13 cups
- Women
 - 9 cups

❖ Gatorade or Water?

- What is the difference?



CHEMISTRY OF FOOD

❖ Carbohydrates

- Main energy source



❖ Fats

- Energy Source



❖ Proteins

- Grow and Replenish Muscle



❖ Ideal Diet

- 60/30/10

CHEMISTRY OF FOOD

❖ Water

- Transport system



❖ Fiber

- Keeps Digestive System Healthy



❖ Minerals

- Maintains normal body functions



DISCUSSION

❖ What foods should you avoid while exercising? Why?



The Importance of Sleep





Discussion

- Why do you think sleep is important?
- How do you believe that sleep benefits your health?

For the Mind

- Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).

In other words if you're trying to learn something new -- whether it's Spanish or a new tennis swing -- you'll perform better after sleeping.



Lifespan

- Too much or too little sleep is associated with a shorter lifespan -- although it's not clear if it's a cause or effect. (Illnesses may affect sleep patterns too.)

In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night.

Less Inflammation

- Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep -- six or fewer hours a night -- have higher blood levels of inflammatory proteins than those who get more.

A 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

Creativity

- Get a good night's sleep before getting out the easel and paintbrushes or the pen and paper.

In addition to consolidating memories, or making them stronger, your brain appears to reorganize and restructure them, which may result in more creativity as well.



Sports

- If you're an athlete, there may be one simple way to improve your performance: sleep.

A study found that college football players who tried to sleep at least 10 hours a night for seven to eight weeks improved their average sprint time and had less daytime fatigue and more stamina.



Your GPA

- Children between the ages of 10 and 16 who have sleep disordered breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and learning, according to a 2010 study in the journal *Sleep*. This could lead to "significant functional impairment at school," the study authors wrote.

In another study, college students who didn't get enough sleep had worse grades than those who did.

Your Weight

- If you are thinking about going on a diet, you might want to plan an earlier bedtime too.

Researchers at the University of Chicago found that dieters who were well rested lost more fat -- 56 percent of their weight loss -- than those who were sleep deprived, who lost more muscle mass. (They shed similar amounts of total weight regardless of sleep.)

Cardiovascular Health

- When it comes to our health stress and sleep are nearly one and the same -- and both can affect cardiovascular health.

"Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure," Dr. Jean says. "It's also believed that sleep effects cholesterol levels, which plays a significant role in heart disease."



Driving Ability

- The National Highway Traffic Safety Administration reported in 2009 that being tired accounted for the highest number of fatal single-car run-off-the-road crashes due to the driver's performance -- even more than alcohol!

"Sleepiness is grossly underrated as a problem by most people, but the cost to society is enormous," Dr. Rapoport says. "Sleeplessness affects reaction time and decision making."

Insufficient sleep for just one night can be as detrimental to your driving ability as having an alcoholic drink.

Mental Health

- Sleeping well means more to our overall well-being than simply avoiding irritability.

"A lack of sleep can contribute to depression," Dr. Jean says. "A good night's sleep can really help a moody person decrease their anxiety. You get more emotional stability with good sleep."


Discussion

- What would you do if you were having trouble sleeping at night? If you don't, what would you suggest someone do if he was having trouble falling asleep?

A Few Things to Consider


- Don't look at the clock. Do this instead: Turn the clock around to face the wall, or hide it in a drawer or under the bed. Constantly checking the time will only reinforce the idea that you'll "never" get back to sleep.



- 
- Don't stay in bed more than 15 minutes. Do this instead: Leave your bedroom and do something quiet, such as reading a book or watching boring television in a comfortable chair. It's important to remind your brain that your bed is for sleeping, not for lying awake and worrying.

- Don't sit in bright light. Do this instead: If you do need to get up, turn on only a dim reading light, or go sit in the glow of your television or computer monitor. Keep bright overhead lights switched off, because light disrupts the production of melatonin—a hormone that regulates sleep—in your brain.



- 
- Don't do anything too exciting. Do this instead: Find something that occupies your time but gives your brain a break, such as knitting or reading a boring textbook or watching a TV show. Reading whodunits or balancing your checkbook, on the other hand, may keep your mind working and alert.

To analyze how well you sleep, ask yourself these questions:

- Am I often tired?
- Am I using caffeine to get through the day?
- Do I sleep well?
- Do I wake up feeling refreshed?
- Do I get drowsy while driving or watching TV?



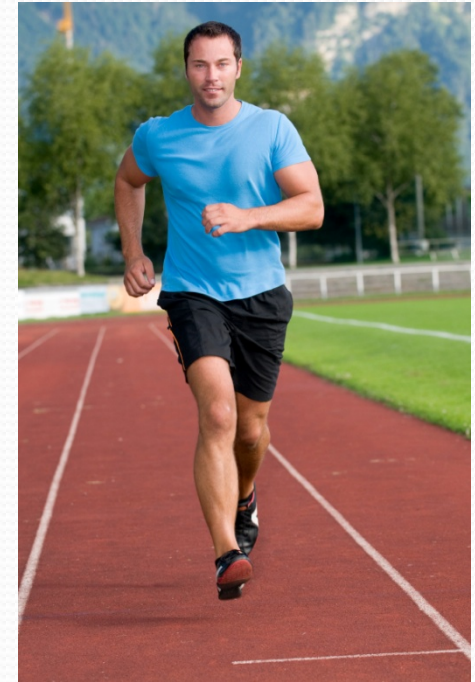
Discussion

- What would you suggest to someone who wasn't getting enough sleep? What ideas do you have for increasing their amount of sleep?

Tips for Getting Enough Sleep

- Try to plan out an organized schedule for all your daily activities. Set up a regular bedtime. Avoid planning too many things in one day so you can sleep at least six hours a night. Spread out your activities.
- Do not try to go to sleep at an "early" time if you are not that type of person. Do not rely on the weekend to catch up with excess sleep.

- De-caffeinate yourself. Drinking caffeine to stay awake during the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.
- Exercise. Working out can improve sleep in lots of ways, including by relieving muscle tension. Don't work out right before bed, though, since exercise may make you more alert. If you like, try gentle upper-body stretches to help transition into sleep.



- Try soothing music.
- If seriously needed, you can try sleep medication, but try to avoid this.

