

Name: _____

Due: 2/28/17 in class.

Make-up Assignment for 2/23/17

PED 111

Look at the *Try It button* and answer all questions (use the back of the page if needed):

Behavior Modification

Healthy Lifestyle Habits

Research indicates that adherence to the following 12 lifestyle habits will significantly improve health and extend life:

1. Participate in a lifetime physical activity program.
2. Do not smoke cigarettes.
3. Eat right.
4. Avoid snacking.
5. Maintain recommended body weight through adequate nutrition and exercise.
6. Sleep 7 to 8 hours each night.
7. Lower your stress levels.
8. Drink alcohol moderately or not at all.
9. Surround yourself with healthy friendships.
10. Seek to live and work in a healthy environment.
11. Use the mind: Keep your brain engaged throughout life to maintain cognitive function.
12. Take personal safety measures to lessen the risk for avoidable accidents.

Try It Look at the list above and indicate which habits are already a part of your lifestyle. What changes could you make to incorporate additional healthy habits into your daily life?

Read the information below and view figure 5.4.

Now visit our cafeteria and list all items on their menu on the attached page.

Review what you have learned on figure 5.4. Now answer the following questions:

- Which of the 5 major food groups is almost non-existent or even missing?
- Which of the 5 major food groups is represented too much?
- What do *you* think is the fat or calorie intake of the offered foods? Too high? Too low?
- Do you think you get enough of a nutritional base when eating in the cafeteria?
- Do you think our cafeteria helps achieve or maintain a balanced diet?

Why or why not?

Balancing the Diet

Achieving and maintaining a balanced diet is not as difficult as most people think. The MyPlate healthy eating guide in Figure 5.4 contains five major food groups. The food groups are vegetables, fruits, grains, protein, and dairy.

Vegetables, fruits, whole grains, and low-fat milk (and by-products) provide the nutritional base for a healthy diet. If you increase the intake of these food groups, remember to decrease the intake of low-nutrient-dense foods to effectively balance caloric intake with energy needs.

Figure 5.4 MyPlate food guide.

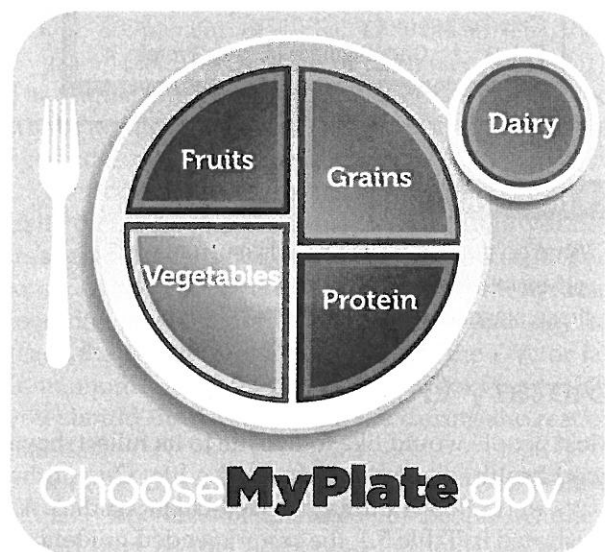


Figure 5.4 MyPlate food guide. (continued)

VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
<p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.</p> <p>Vegetables are organized into 5 subgroups, based on their nutrient content: Dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables.</p>	<p>Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.</p>	<p>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.</p> <p>Grains are divided into 2 subgroups: whole grains and refined grains.</p>	<p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group (beans and peas are also part of the Vegetable Group).</p> <p>Select at least 8 ounces of cooked seafood per week. Meat and poultry choices should be lean or low-fat. Young children need less, depending on their age and calorie needs. The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds.</p>	<p>All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p>
Make half your plate fruit and vegetables.	Make half your plate fruit and vegetables.	Make at least half your grains whole grains.	Choose fish and lean or low-fat meat and poultry.	Switch to fat-free or low-fat (1%) milk.

Recommended Daily Amounts

	Vegetables	Fruits	Grains	Protein	Dairy
Women					
19–30 years old	2½ cups	2 cups	6 oz. equivalents	5½ oz. equivalents	3 cups
31–50 years old	2½ cups	1½ cups	6 oz. equivalents	5 oz. equivalents	3 cups
51+ years old	2 cups	1½ cups	5 oz. equivalents	5 oz. equivalents	3 cups
Men					
19–30 years old	3 cups	2 cups	8 oz. equivalents	6½ oz. equivalents	3 cups
31–50 years old	3 cups	2 cups	7 oz. equivalents	6 oz. equivalents	3 cups
51+ years old	2½ cups	2 cups	6 oz. equivalents	6½ oz. equivalents	3 cups

