

Nutrition

Calorie - ?

A UNIT OF ENERGY WE GET FROM FOOD

- Serving Size
- Calories
- Total Fat
- Total Carbohydrate
- Total Protein

How many calories does it take to burn one pound of body fat?

- X** A. 1,500
- X** B. 2,500
- ✓** C. 3,500
- X** D. 4,500

Popular belief for weight control:

**CALORIES IN - CALORIES OUT =
NET CALORIC BALANCE**

IN OTHER WORDS...TAKE IN MORE CALORIES THAN YOU BURN ...YOU GAIN WEIGHT.

BURN MORE CALORIES THAN YOU TAKE IN...YOU LOSS WEIGHT

HOWEVER...

Meet Dave Alexander

- * 55 years old
- * 5 feet, 8 inches
- * 260 pounds
- * BMI = 40 (>30 obese)
- * 276 triathlons
- * Weekly Training
 - * Swim 5 miles
 - * Run 30 miles
 - * Cycle 200 miles

- CALORIES IN

PURPOSE OF CALORIES IN (EATING AND DRINKING):

- TO MEET METABOLIC NEEDS OF BODY
- TO SUPPLY FUEL FOR PHYSICAL ACTIVITY

- CALORIES OUT

HOW DO YOU BURN CALORIES?

- METABOLISM
- PHYSICAL ACTIVITY AND EXERCISE

=NET CALORIC BALANCE

LOOSE WEIGHT, STAY THE SAME, OR GAIN WEIGHT

How many calories can you burn in one minute by exercising in your target heart rate zone?



- A. 1-10 calories
- B. 8-15 calories
- C. 15-30 calories
- D. 30-50 calories



If weight loss is desired, what is the recommendation for safe, proper and long term weight loss per week?

1- 2 lbs. per week

The combination most effective for weight loss:

PROPER DIET

TO INSURE QUALITY NUTRIENTS TO MEET THE BODY'S NEEDS

EXERCISE

TO INCREASE YOUR METABOLISM

Carbohydrates

Food source: Grains, breads, veggies, fruits, pastas

Function in the body: Primary source of fuel

Calories per gram: **4**

Recommended % of calories in diet: **45 - 65**

Food Groups servings: Fruit=1 ½-2cups, Grain=6-7oz, Veggies=2 ¼-3cups

Fat

Food source: Meats, Poultry, Whole Milk Products, Vegetable Oils

Function in the body: Essential for proper functioning of the body and energy storage

Calories per gram: **9**

Recommended % of calories in diet: **20 - 35**
Daily intake of fat grams = ½ body wt.
150 lbs. = 75 grams

FAT INTAKE SHOULD BE BASED UPON:

•YOUR BODY WEIGHT

•YOUR PERSONAL AND FAMILY HISTORY OF HEART DISEASE

•YOUR BLOOD CHOLESTEROL LEVEL

•YOUR PHYSICAL ACTIVITY LEVEL

Only 20 to 30 percent of your total calories should be from dietary fat.

How many calories does 1 gram of fat have? Use the number on your pad.

✓ 9.0

✗ 0.1

Protein

Food source: Meats, Fish, Poultry, Dairy Products, Eggs

Function in the body: Amino Acids to build muscle, organs, hormones, and enzymes

Calories per gram: 4

Recommended % of calories in diet: **No % given.**
Recommend 5-6oz from Meat/Beans and 3 cups from Milk per day.

You just ate a snack with 4 grams of carbs and 2 grams of fat. How many calories did you just consume?

✓ 34.0

✗ 0.1

Nutrient	Food Source	Function in the Body	Cals/g	Recommended % of calories in diet
Carbs.	Grains, breads, veggies, fruits, pastas	Primary source of fuel	4	45-65
Fats	Meats, poultry, whole milk dairy products, vegetable oils	Essential to proper functioning of the human body. Converts to body fat	9	20-35
Protein	Meats, poultry, fish, dairy products, eggs	Amino acids to build muscle, organs, hormones, and enzymes	4	N/A

Excess (unused) calories of carbs, fats, and proteins are ALL converted to body fat.

✓ A. True

✗ B. False

What food source does your body utilize most during exercise?

✗ A. Proteins

✗ B. Fats

✓ C. Carbohydrates

What fuel source does the body utilize most during strength training?

- ✗ A. Proteins**
- ✗ B. Fats**
- ✓ C. Carbohydrates**

Fitness activities help to develop our T.P.C. (Overall Wellness)

- T. otal**
- P. erson**
- C. oncept**

Our T.P.C. is made up of 4 different areas...

- Physical - Exercising or participating in activity**
- Intellectual - Using our thought process during activity**
- Social - Working well with others during activity**
- Emotional - Using activity to help regulate emotions**

What is Goal Setting?

Goal setting helps you work towards your own objectives (in education, fitness, family, career, etc.)

You start with...

- **Deciding on what you plan to accomplish**
- **Determining how you are going to accomplish it.**

Goal Settings should be:

- **Written**
- **Realistic**
- **Challenging yet Obtainable**
- **Measurable**
- **Time Frame**
- **Objectives (detailed plan)**

HEALTH RELATED FITNESS GOAL

EXAMPLES

Muscular Strength:

I will increase my maximum bench press to 150 pounds by December 31.

Cardiovascular Endurance:

I will be able to run non-stop for 30 minutes by June 1.

In Summary

- * Focus on lifestyle.
- * Weight management is a process, not a product.
- * Stop dieting
- * Get moving
- * "Eat your vegetables & go outside & play."

-Laura Fraser



The Anti-Diet

- * Make time to treat yourself well
- * Stop talking about weight all the time
- * Develop your physical personality
- * Rebel against the diet culture



Eat This Not That (ice cream)