

## **Nutrition and Physical Activity Tips- All Ages**

1. Vitamin D is crucial for healthy bones and teeth! Make sure you're getting your daily dose of vitamin D by consuming milk, eggs and cereal or spending just 20 minutes in the sunlight!
2. Crunched for time in the morning? Stock your pantry with on-the-go breakfast items like instant oatmeal, whole-grain toaster waffles, hard boiled eggs, yogurt and fresh fruit.
3. Stay hydrated by drinking and eating your water! Aim to drink at least 8 cups of water per day and consume hydrating foods like cucumber, celery, lettuce, watermelon, cantaloupe, and strawberries.
4. Feeling stressed? Try taking 10 deep breaths, dancing to your favorite song, or playing your favorite sport just for fun to help relieve stress.
5. Physical activity is anything that gets you moving! Keep it exciting and your body guessing by mixing it up with different activities like jumping rope, riding bikes, or playing a new sport.
6. Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it!
7. Eat the rainbow! A fun and tasty way to add variety to your diet and make sure your body is getting the nutrients it needs to function is by eating as many different colors at each meal.
8. Your body makes all the cholesterol it needs, but your diet can play a big role in your cholesterol levels too. Help control your cholesterol by choosing foods that are low in saturated fat and trans fats and high in whole grains.
9. Making plans for the weekend? Instead of catching a movie, watching TV or playing video games, pick an activity that gets you moving like laser tag, miniature golf, or bowling.
10. Food is fuel! Tackle after-school activities and sports with a healthy snack like a scoop of peanut butter and crackers, an apple and sting cheese, or trail mix.
11. Sweets should be treats! Skip the dessert in the cafeteria and save it for a Friday night treat or other special occasion. Pick up some fruit or yogurt instead for a healthy option you can have every day!
12. Instead of pouring on your favorite sauce, gravy, or salad dressing, put a tablespoon or two on the side. Many sauces, especially the creamy ones, are high in saturated fat and sodium.
13. Have you ever tried the cuisines of other cultures, like Thai, Indian, or Greek food? You don't have to go to a restaurant to get these flavors. Just add spices, like curry, chili powder, basil, cilantro, or garlic, to foods you already eat to give them unique flavors from other cuisines!
14. Don't let the rain put a damper on your day. Find ways to stay active indoors. Go for a walk at the mall, go swimming at an indoor pool, or just turn on some music and dance!
15. Try to eat heart--□healthy seafood at least two times a week. Fish like salmon, trout, and mackerel are high in omega--□3 fatty acids that are good not only for your heart, but also keep you smart!
16. Did you know that seafood in a shell, like clams, oyster, and mussels open up when you cook them? If they are still shut tight, throw them out! This means they are unsafe to eat.
17. How do you store your whole--□grain bread? Bread that is stored in the fridge will

lose moisture and become stale quickly. Keep your bread at room temperature to keep it tasting great longer.

18. We all know that we should choose lean meats over fatty ones. But what does “lean” really mean? White meats like chicken or turkey, pork with “loin” or “leg” on the name, lamb chop, arm chop and foreshanks, and veal cutlet, blade or arm steak are all lower fat options. And if you can find them, venison and buffalo meat are healthy options too!
19. Did you know that balancing is a type of exercise? Balance is important for nearly every activity we do, so some form of balance exercise should be done every day. See how long you can stand on one foot while brushing your teeth, walk heel to toe around school or at home, or strike a Yoga pose to improve your balance!
20. Do you know anyone who’s a vegetarian? Going meat--free can be healthy if done the right way. Make sure to get protein from other sources, like eggs, dairy, and dried beans. Foods like quinoa, tofu, and tempeh are other protein--rich foods. Just make sure to include a variety of fruits and vegetables and whole grains for a balanced diet.

### Calorie Content

1. A few of the highest calorie fast food items can be found at Baskin Robbins:

- a. Large (32 oz) Chocolate Oreo Shake = 2360 calories
- b. Large Heath Bar Crunch Shake = 2160 calories
- c. Large Reese's Peanut Butter Cup Shake = 2160 calories

This is more than the recommended calorie intake per day for the average person.

2. Try controlling your portion sizes by ensuring that half your plate is filled with vegetables while one quarter is protein and the other quarter is starch.

3. You have to eat 63 apples to gain one pound while it only takes 10 McDonalds medium French fries to gain one pound.

4. According to the American Council on Exercise, the average intake at Thanksgiving Dinner is 3,000 calories per person.

### Nutrients

5. The thicker the yogurt, the more protein it contains. Greek yogurt contains over twice the amount of protein than most regular yogurt and is also very low in fat.

6. For every gram of fiber you consume, your body burns 7 calories. Consume fiber through whole wheat products and fresh fruits and vegetables. The USDA 2010 Dietary Guidelines suggests you eat 25 g/day for women and 38 g/day for men.

7. Eggs contain the highest quality food protein known. Although all parts of an egg are nutritious and edible (including the shell that is calcium rich), we recommend not consuming the shell for food safety purposes.
8. Omega-3 fatty acids are important fats that have been found to reduce the risk of cardiovascular disease. The body cannot make these fatty acids and must obtain them from food sources such as olive oil, ground flaxseed, and fatty cold water fish.
9. Skim milk has the same nutritional value that whole milk has, with less fat.
10. Different color fruits and vegetables actually have different vitamins and minerals. Try eating the whole rainbow of colors during the day.

### Vitamins and Minerals

11. The US population consumes about 65% of their sodium intake through processed foods like hot dogs, lunch meat, canned soups and vegetables, and boxed meals.
12. The new USDA 2010 Dietary Guidelines recommend that you consume less than 2300 mg for the general population. According to the Institute of Medicine, the average American consumes more than 3400 mg for day.
13. Romaine lettuce is rich in nutrients- specifically Vitamin A, which is essential to eye and skin health! Consuming 4 whole romaine lettuce leaves will give you the daily recommended amount of Vitamin A.
14. An avocado has more than twice the amount of potassium as a banana.
15. Celery is the best vegetable source of naturally occurring sodium.
16. Vitamin D is unusual because it is the only vitamin that can be made by the body. Sunlight is the main source of Vitamin D, though sunscreen lotions with high SPF can prevent vitamin D formation.

17. You've probably heard your entire life that milk is good for your bones. It's true, but not just because of the calcium content. Vitamin D, from foods like yogurt, cheese, fortified orange juice, or almonds, helps your bones use the calcium you eat.

### Hydration and Beverages

18. It is estimated that 75% of people living in America have mild constant dehydration. Drink at least 8 cups of water per day to stay hydrated!

19. More than 15 billion gallons of soda were sold in the U.S. in 2000. As of January 2011 there were almost 7 billion people in the world.

20. Improve your hydration status by eating foods with high water content. Try eating soups, fruits such as grapes, watermelon, strawberries, or vegetables such as cucumber, lettuce, or tomatoes.

21. If you are dehydrated you are more likely to have trouble concentrating, be more irritable and have more headaches.

22. If you drink one 12 ounce can of coca-cola per day, you have the potential to gain almost 15 pounds in one year.

### Exercise

23. Exercise does not just burn calories. It also boosts your immune system, gives you energy, makes you have stronger muscles and bones, helps control body fat, reduces your risk of type two diabetes, and makes you have a better outlook on life!

24. You burn 100 calories every mile that you walk or run.

25. If you jog in place during every commercial break of an hour long television program, you will burn approximately 200 calories.

26. Bone health is essential to a healthy lifestyle. To protect bones, try activities like basketball, dancing, hiking, running, volleyball, softball, walking, or weightlifting.

27. Aerobic exercise is a great way to keep your heart healthy. Try jogging, swimming, riding your bike, or dancing to get your heart rate up.

### Obesity

28. BMI is a ratio of weight to height. A healthy BMI ranges from 18 to 24.

29. Two-thirds of Americans are overweight. Weight gained after one's early twenties is linked to higher chances of suffering from heart disease, cancer, infertility, gallstones, asthma, and even snoring.

30. Obesity is the leading cause of preventable death in this country. It can be affected by genetics, lifestyle choices, illness, and psychology.

31. Simple changes like controlling portion sizes, increasing your physical activity, and turning off the television during meals can help reverse obesity at any age.

### Fun Facts

32. The American Dietetic Association suggests eating 1 clove of garlic per day for a number of health benefits, including lowering cholesterol & triglycerides.

33. Black beans contain compounds called anthocyanins, which have been shown to improve brain function. Black beans are also a great source of protein and fiber.

34. The 2007 Nathan's Hot Dog Eating Contest Champion, Joey Chestnut, ate 66 hot dogs in 12 minutes. In that amount of time he consumed approximately 20,394 calories (1 hot dog = 309 calories).

35. The United States Department of Agriculture estimates that cropland production would need to increase by 74 million acres if Americans start eating the recommended amounts of fruits, vegetables and whole grains.

36. Eating breakfast makes you less likely to miss class, be tardy, or feel sick than if you don't eat breakfast.

38. 127 whole chickens are eaten every second in the U.S.

39. An American eats an average of 140 lbs of potatoes per year. This includes foods such as French fries, potato chips, and hash browns.

40. Alaska Natives have the highest rates of botulism in the world due to the way they butcher and store indigenous food (such as seals) under the ground in plastic

bags.

41. Temperature can affect appetite. A cold person is more likely to eat more food.
42. It takes 3500 calories to make a pound. Or, it takes a 3500 calorie deficit to lose one pound!
43. A person will usually swallow around 250 times during dinner.
44. Less than 25% of adolescents eat the recommended five or more servings of fruits and vegetables each day.
45. It can actually take 15 different tries before you decide whether you like a food or not.