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Food Education

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SmartforLife™
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Understanding Food

- It is essential to understand what Calories, Fat, Cholesterol, Sodium and Protein are.
- Knowledge is power and integrating this information into your daily lifestyle will help you stay on the path to good health.

Calorie

- A calorie is actually energy. In order to maintain our proper weight, it is important to have the necessary amount of calories. Neither too little nor too much is good.
- Men need about: 2,200-2,600 calories per day.
- Women need about: 2,000-2,400 calories per day
- When you exercise, you burn more calories.



= One meal

You would have to eat all of the foods shown here to get all the nutrients and hunger suppression found in one Smart Cookie. *Smart for Life™* makes it simple to eat healthy, all-natural foods. They're delicious and a great value. Lose more for your money!



Serving Sizes

- Pay attention to serving sizes. Some serving sizes may be unrealistic. For example: Who is going to eat only 4 potato chips?
- Between 1977 and 1998 the calories in an average serving of French fries increased by 63 calories.
- Hamburgers in fast food restaurants increased by 97 calories
- Soft drinks are up 49 calories per serving (from 13.1 to 19.9 fl oz.)
- The number of calories in a serving of Mexican food is up 133 calories.



Fat

- There are two types of fat:
 - Saturated
 - Unsaturated
- Unsaturated is the better of the two. It is good for our body, skin and hair. Found in olive oil, flax seed oil, canola oil and avocado.
- Saturated is the worst of the two types of fat and found in palm oil, butter and other unhealthy foods.

Cholesterol

- There are 2 types of Cholesterol. We want to have more good and less bad cholesterol.
 - HDL Good
 - LDL Bad
- HDL- Add soy, fiber and plant proteins to diet. Exercise increases your HDL level.
- LDL- avoid hydrogenated oils, refined sugars, preservatives and fatty foods.

Stay thin and healthy!



Sodium

- Sodium content in our food is really salt
- A small amount of sodium is good for us
- Avoid foods high in sodium and eat foods lower in salt
- Sodium = water retention increases blood pressure

Total Carbohydrates

- On the label, carbohydrates are broken down into sugars and fiber
- The part of the carbohydrate that comes from fiber is the good part of the carb.

Keep It Going

- By following these rules week after week, you will find that after about 6 months it will become second nature for you to maintain your weight.
- Remember in our food-obsessed society, staying thin is a daily battle.
- Be strong-minded!