

Lesson 1: Healthy Food Choices



convenience foods:

packaged foods that can be prepared easily, such as canned soup, bottled spaghetti sauce, boxed hamburger casserole mixes, and frozen meals

fast foods:

restaurant or take-out foods that are served quickly, such as cheeseburgers, french fries, pizza, and milk shakes

junk foods:

snack foods that provide very few vitamins and minerals, such as carbonated beverages, imitation fruit drinks, potato chips, and chocolate bars

Do you have a busy schedule? Do you eat a lot of packaged or processed foods? Do you often rely on fast-food restaurants and vending machines for your meals?

If you frequently eat packaged foods or foods from take-out restaurants and vending machines, you may be eating a lot of **convenience foods**, **fast foods**, and **junk foods**.

Convenience foods, fast foods, and junk foods are often high in calories. They frequently have high levels of sugar, fat, and/or sodium (salt)—three food ingredients that are linked to diseases such as diabetes, coronary heart disease, and certain cancers.

Health professionals are especially worried about the rapid increase of a form of diabetes called adult-onset or Type 2 diabetes. This type of diabetes used to be a problem of later life, but it is now being seen more and more among obese children and teens. The word *diabesity*, which is a blend of *diabetes* and *obesity*, has been coined to describe the condition.

To eat healthfully you don't have to give up foods like pizza, ice cream, or macaroni and cheese. You just have to be careful about how much of them you eat and how often you eat them.

In this lesson you will examine two of the tools that you can use to help you make healthy food choices—*Eating Well with Canada's Food Guide* and food labels. You will discover some facts about serving sizes, calories, carbohydrates, fat, sodium (salt), and water. Then you will explore ways to make wiser food choices. You will also think about eating disorders.

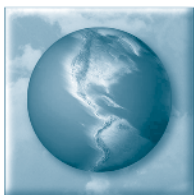
Canada's Food Guide

First published in 1942 by Health Canada, *Canada's Food Guide* has been revised many times over the years. In the revision process many factors were considered—the types of food available in Canada, what kinds of food Canadians buy, how their food is prepared, and lifestyle changes.



The 2007 revision, *Eating Well with Canada's Food Guide*, advises you to get the many nutrients your body needs by choosing a variety of foods from each of the following food groups:

- vegetables and fruits
- grain products (such as breads, cereals, rice, and pasta)
- milk and milk products (such as yogurt and cheese) or other calcium-rich foods (such as watercress, broccoli, figs, rhubarb, almonds and other nuts, tofu processed with calcium, and calcium-fortified orange juice)
- meat, poultry, fish, or other protein-rich foods (such as beans, nuts, seeds, eggs and soy products)



To review *Eating Well with Canada's Food Guide* in detail, visit the following website:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Food Labelling

You're probably aware that food manufacturers use labels to promote their products and to catch your attention. Did you know that food labels are required by law to list ingredients and provide nutrition information? Food labels are regulated by Health Canada. They contain three types of nutrition information:

- nutrition claims
- an ingredient list
- a nutrition fact table

Look at the label

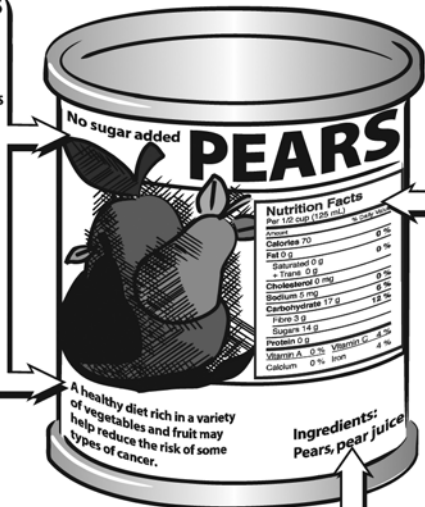
Nutrition information on food labels...

- Helps you make informed food choices
- Helps you follow Canada's Food Guide to Healthy Eating
- Is required on most packaged foods
- Is based on Health Canada's regulations

Nutrition claims

There are two types of nutrition claims:

- 1) Nutrient content claims** tell you about one nutrient such as sodium, fat or sugar.
- 2) Health claims** tell you how your diet can affect your health.




Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

Ingredient list

The ingredient list tells you what ingredients are in a packaged food.



Healthy Eating is in Store for You
Faites provision de saine alimentation

Labelling on food helps you make healthy and informed choices about the food you buy and eat. You'll learn more about food labels as you work through this lesson.

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Facts About Serving Sizes



Do you know that a hamburger in the 1950s usually consisted of one 45 gram patty? Today's hamburgers are generally much bigger.

Some restaurants have patties weighing 113 grams (for example, McDonald's Quarterpounder) or even 300 grams (for example, Hardee's Double Thickburger)!

Over the years the serving sizes in many restaurants have increased.

As a result of these super-sized restaurant portions, many individuals today have a false perception of what constitutes an actual serving size.

What Is a Serving Size?

How do you know what a serving size should be? The amount of food you need each day depends on many things—your age, gender, body size, and activity level. You can use *Eating Well with Canada's Food Guide* to discover the recommended serving size of the foods you eat. Go to the chart titled "What is One Food Guide Serving?" to look at examples of serving sizes.

For packaged foods, you will find serving-size information on the food labels. Examine the nutrition facts label on the right. It gives nutrition information for a 227-gram bag of potato chips. Notice that a serving size is 28 grams. (This means that one 227-gram bag contains approximately 8 servings.)

Nutrition Facts

Serving Size 1 oz (28g)

Amount Per Serving

Calories 151 Calories from Fat 86

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2g 8%

Cholesterol 0mg 0%

Sodium 168mg 7%

Total Carbohydrate 15g 5%

Dietary Fibre 1g 5%

Sugars

Protein 2g

Vitamin A 0% • Vitamin C 15%

Calcium 1% • Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Approximately how many potato chips make a serving size? Use a kitchen scale to find out.

Compare your answer with the Suggested Responses at the end of the lesson.

Were you surprised at the serving size? Without a food scale, most people seriously underestimate portion sizes. However, if you use a food scale at home, you will soon be able to visualize a portion size, and you will be able to make much more accurate estimations when you are eating out.



Facts About Calories

Your body needs food for energy, growth, and repair. Your body's preferred fuel is carbohydrates, but proteins and fats can be converted into energy too. Food energy is often measured in *calories*, a non-metric unit of measurement that is still commonly used in Canada. The metric unit used to measure food energy is a *kilojoule*.



The number of calories you need depends on several factors—genetic predisposition, body build, gender, age, metabolism, environment, and the amount of regular physical activity you do. Your energy requirements can also differ from one day to the next and as you grow older.

If people regularly eat more calories than their bodies need, the excess will be stored as body fat. Rates of obesity in Canada have risen dramatically over the past 20 years. According to Health Canada, obesity is a risk factor for hypertension, heart disease, Type 2 diabetes, and respiratory illnesses. Because of a growing concern about obesity, calories are listed in the Nutrition Facts on food labels.

2. Consider the calories and the nutrients in each of the following drinks. Which drink is the healthier choice? Why?

Orange Juice

Nutrition Facts	
Serving Size 1 order (284g)	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 33g	11%
Dietary Fibre 0g	0%
Sugars 30g	
Protein 0g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Carbonated Beverage

Nutrition Facts	
Serving Size 1 kids order (282g)	
Amount Per Serving	
Calories 117	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fibre 0g	0%
Sugars 30g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Compare your answer with the Suggested Responses at the end of the lesson.

Facts About Carbohydrates



Did you know that carbohydrates get their name from their chemical structure? They are composed of carbon, oxygen, and hydrogen. Carbohydrates are important in your diet because they are your body's main source of fuel for energy. Carbohydrates also help your body use protein and fat efficiently.

Carbohydrates come in a variety of forms. The most common are sugars and starches. Sugars are found naturally in a wide variety of foods. Examples include fructose (found in fruits), maltose (found in grain products), and lactose (found in milk). Starches are found in vegetables such as potatoes and corn; legumes such as beans, peas, and lentils; and grain products such as rice, pasta, and bread.

Dietary fibre is an important consideration when choosing carbohydrates. High-fibre foods, such as whole grains, legumes, and raw vegetables and fruits, are metabolized more slowly. Slowing the digestion process helps stabilize your blood sugar, keeps your energy at an even level, and helps you feel satisfied longer after your meal. In contrast, refined sugars and starches are rapidly digested. Speeding up the digestion process can cause wide swings in your blood-sugar levels, alter your mood, and lead to cravings and compulsive eating.

Try eating brown rice instead of white rice. Try switching from white bread to whole grain bread. These choices will do wonders for controlling your blood sugar level, and the extra fibre in these foods will expand in your stomach, so you will feel full faster and longer after eating these products.

Do you enjoy desserts and sweet snacks and drinks? Sugar improves the flavour, appearance, and texture of many foods. However, be careful you are not consuming large amounts of sugar in your diet, especially those sugar-filled foods and drinks that have few other nutrients.



*empty calories:
calories
obtained from
foods with no
nutrients*

Refined sugars and syrups are mainly **empty calories**. High consumption of sugar may contribute to weight gain and lead to diabetes, cardiovascular disease, and certain types of cancer.

Currently, the average North American is consuming more than 20 teaspoons of sugar a day. How much sugar would you say that you are consuming?

One way to determine the amount of sugar you are eating is to read food labels. You may be surprised to discover how many packaged foods have sugar. For example, did you know that barbecue sauce and ketchup often have added sugar?



Following are specific words for sugar to watch for on the ingredient list: liquid sugar, invert sugar, syrup, honey, molasses, dextrin, fructose, sucrose, maltose, lactose, and dextrose. If one of these words is given as the first two or three ingredients in an ingredient list, you know that sugar is a main ingredient.

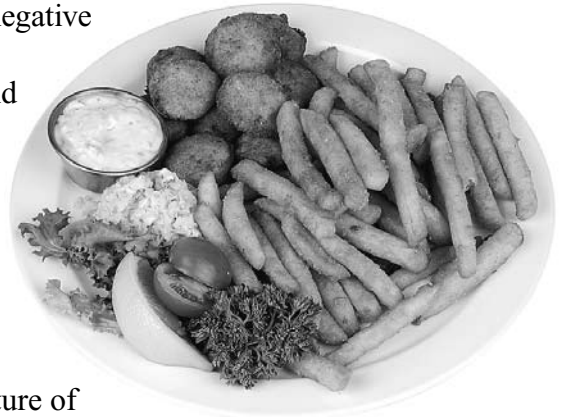
To visualize the amount of sugar in packaged food items, it may be helpful to determine how many teaspoons of sugar are in one serving. To do this, check the nutrition label and divide the number of grams of sugar by four.

3. The average can of regular pop contains about 40 grams of refined sugars. How many teaspoons of sugar are in the can of pop?
4. Look at the labels of at least five packaged foods and drinks in your home. Which of the food items are high in sugar? Are these products mainly empty calories or do they have important nutrients?

Compare your answers with the Suggested Responses at the end of the lesson.

Facts About Fat

You have likely seen news reports of the negative effects of dietary fat. A diet high in fat is unhealthy and can lead to heart disease and circulatory problems. You do, however, need some fat in your diet. Fat provides energy for your muscles and for the brain to use. Fat also helps your body absorb fat-soluble vitamins A, D, E, and K. Essential fatty acids benefit your heart, metabolism, and immune system. Fat also improves the flavour, appearance, and texture of many foods.



saturated fat:

a type of fat that is found naturally in red meat, whole milk, butter, cheese, coconuts, coconut milk, and coconut oil

trans fat:

a type of fat that is made from liquid vegetable oil using a chemical process called partial hydrogenation

cholesterol:

a fat-like substance produced in the body and found in foods such as dairy products, egg yolks, and organ meats (such as liver)

Health Canada has made the following recommendations about dietary fat:

- Canadians should reduce their total consumption of fat. The calories from fat should be 20% to 30% of all foods eaten over the day.
- No more than 10% of the calories should be from **saturated fat**. Saturated fat—the type of fat found in red meat, whole milk, butter, cheese, coconuts, coconut milk, and coconut oil—is considered to be *bad fat* because it increases the risk of heart disease or Type 2 diabetes.
- People should avoid eating **trans fat**. Trans fat is made from liquid vegetable oil using a chemical process called *partial hydrogenation*. When trans fat was first manufactured, it was seen as a healthier alternative to saturated fat; however, numerous studies now conclude that trans fat is actually worse than saturated fat.

Cholesterol is a substance closely linked to fat. Cholesterol helps the body make some hormones, cell membranes, and bile salts used to digest foods. Too much cholesterol, however, causes fat to build up on the artery walls, and this can lead to heart attacks and strokes. If you are concerned about your cholesterol level, decrease the amount of fat—especially saturated fat and trans fat—in your diet. The following chart contains words that will help you identify *bad fats* in the ingredient list of packaged food.

Saturated Fat	tallow, lard, suet, beef fat, chicken fat, bacon fat, butter, powdered whole milk solids, coconut or coconut oil, cocoa butter, palm or palm kernel oil, hydrogenated fats and oils
Trans Fat	partially hydrogenated fats and oils

The Nutrition Facts table on a food label gives the total amount of fat per serving as well as the amount of saturated fat, trans fat, and cholesterol per serving.



5. With a partner or small group, brainstorm some healthier foods you can choose to reduce the total amount of fat in your diet.
6. Compare the fat content in the following fast food breakfast alternatives.
 - a. Which is higher in fat?
 - b. Which is higher in cholesterol?

Sausage Burrito

Nutrition Facts	
Serving Size 1 order (113g)	
Amount Per Serving	
Calories 290	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Cholesterol 170mg	57%
Sodium 680mg	28%
Total Carbohydrate 24g	8%
Dietary Fibre 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 10%	Vitamin C 20%
Calcium 15%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Sausage Biscuit

Nutrition Facts	
Serving Size 1 order (112g)	
Amount Per Serving	
Calories 410	Calories from Fat 250
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 8g	40%
Cholesterol 35mg	12%
Sodium 930mg	39%
Total Carbohydrate 30g	10%
Dietary Fibre 1g	4%
Sugars 2g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

7. Consider the fat and cholesterol in each of the following fast food products. Which food is the better choice? Why?

Bacon Cheeseburger

Nutrition Facts	
Serving Size 1 order (333g)	
Amount Per Serving	
Calories 910	Calories from Fat 570
% Daily Value*	
Total Fat 63g	97%
Saturated Fat 24g	120%
Cholesterol 115mg	38%
Sodium 1490mg	62%
Total Carbohydrate 50g	17%
Dietary Fibre 3g	12%
Sugars 11g	
Protein 33g	
Vitamin A 6%	Vitamin C 15%
Calcium 20%	Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Charbroiled Chicken Burger

Nutrition Facts	
Serving Size 1 order (293g)	
Amount Per Serving	
Calories 590	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 7g	35%
Cholesterol 80mg	27%
Sodium 1180mg	49%
Total Carbohydrate 53g	18%
Dietary Fibre 4g	16%
Sugars 11g	
Protein 36g	
Vitamin A 4%	Vitamin C 20%
Calcium 10%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8. To visualize the amount of fat in packaged food items, it may be helpful to determine how many teaspoons of fat are in one serving. To do this, check the nutrition label for the total amount of fat. Then divide the number of grams of fat by four.
- Calculate the number of teaspoons of fat in the charbroiled chicken burger in question 5.
 - Calculate the number of teaspoons of fat in the bacon cheeseburger in question 5.
9. Once again, look at the labels of a few packaged foods and drinks in your home. Which of the items are high in fat—especially saturated fat and trans fat?



Compare your answers with the Suggested Responses at the end of the lesson.

Facts About Sodium

Sodium, which is commonly referred to as salt, is a mineral that is found naturally in foods. It is the major part of table salt. Some sodium is needed for the body's water balance. Too much salt, however, causes thirst, fluid gain, and contributes to high blood pressure.

The majority of the salt you eat probably comes from processed food, such as candy bars, breakfast cereals, and canned vegetables and soups. Following are specific words for sodium to watch for on the ingredient list:

- salt
- garlic salt
- onion salt
- celery salt
- brine
- soy sauce
- sodium
- monosodium glutamate
- baking powder
- baking soda
- disodium phosphate
- sodium bisulfate
- sodium alginate
- benzoate
- sodium hydroxide
- sodium propionate

10. The nutrition facts label on the right is for a bowl of vegetable soup served in a fast-food restaurant.

- a. What are some positive aspects of this lunch choice?
- b. What are some negative aspects of this lunch choice?

11. Look at the labels of a few different packaged foods and drinks in your home. Which of these items are high in sodium?

12. With a partner or small group, brainstorm some healthier foods you can choose to reduce the total amount of salt in your diet.



Nutrition Facts	
Serving Size 1 cup (240g)	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 1g	3%
Cholesterol 10mg	3%
Sodium 1340mg	56%
Total Carbohydrate 14g	5%
Dietary Fibre 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 40%	Vitamin C 6%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Compare your answers with the Suggested Responses at the end of the lesson.

Facts about Water

How many glasses of water do you drink in a day? Water is essential to your body chemistry. It is vital to every body function. Water is such an important nutrient that a person cannot survive long without it. Your body gets water from the foods you eat, the liquids you drink, and even from some of the chemical reactions that take place in your body. It is important, however, to take in plain water as well so your body can function properly.

hydrate: to restore or maintain fluid balance

You need to drink plenty of water to **hydrate** your body, especially on a hot day or when you are exercising. Lack of water—dehydration—can make you feel weak. Many people mistake thirst for hunger. The next time you think you want some junk food, drink a glass of water instead. Chances are that's what your body really wants.



Drink milk and fruit juices in moderation. While they are a good source of vitamins, minerals, and antioxidants that promote health; they can contribute significant amounts of calories if large quantities are consumed. Limit your consumption of pop and fruit drinks; they have no nutritional value, and often have a lot of calories.

diuretics: any substances or drugs that tend to increase the production of urine

Some foods and beverages are **diuretics**. Instead of hydrating your body, they actually cause the body to dehydrate. Beverages that contain **caffeine** are diuretics. Coffee, tea, and colas are examples of caffeinated beverages. Caffeinated beverages make it harder for your body to stay hydrated. As well, consuming several caffeinated beverages a day can lead to difficulty in concentrating as well as insomnia and anxiety. If people regularly consume caffeine and then stop, they may experience the effects of withdrawal such as headaches and tiredness. Consuming several caffeinated beverages a day also increases the risk of osteoporosis because caffeine inhibits the absorption of calcium into the bones.

caffeine: an organic compound, considered to be a drug, found in beverages such as coffee or tea and is responsible for their stimulant effects

13. Currently, food labels do not provide consumers with information on the amount of caffeine found in a product. Should information on caffeine be added to food labels? Why or why not?

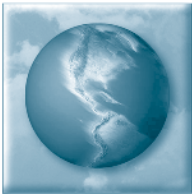
Compare your answer with the Suggested Responses at the end of the lesson.

Wise Food Choices



Healthy eating at a fast food restaurant is possible. Many fast food restaurants offer healthy alternatives to high calorie meals that are laden with fat, sugar, or sodium. Following are some tips to help you make wiser choices.

- Watch your portion sizes. Don't order super-sized portions.
- Choose grilled or broiled foods instead of fried foods. Many restaurants offer grilled chicken either in a salad or as a sandwich.
- Skip the sauces, cheese, and bacon on your burger. Instead choose lettuce, tomato, and onion.
- Instead of french fries, order a salad. However, ask for the dressing on the side and use it sparingly. If possible select low-fat dressing.
- Instead of french fries, order a baked potato but don't load it with sour cream, butter, or cheese.
- If you choose pizza, opt for hand-tossed or thin-crust pizza and eat only one or two slices.



For nutrition facts on fast foods, go to the following websites. Check out the food offered by some of these restaurants: Taco Bell, KFC, McDonald's, Pizza Hut, or Subway.

- <http://www.nutritiondata.com/>
- <http://www.foodfacts.info/>

14. Select a food that you have eaten from one of the restaurants listed and check out its nutritional value. If you have not eaten recently at one of these restaurants, choose a food that you would like to eat or choose another restaurant whose nutritional information you can access. What did you learn about fast-food choices?

Compare your answer with the Suggested Responses at the end of the lesson.

Eating Disorders

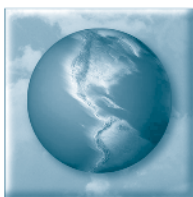
Body image is a key issue connected with food choices that people, particularly teens, make. Some people have an unhealthy relationship with food. They constantly worry about their weight and think about what they are or aren't going to eat.

Sometimes eating disorders develop from obsessive attitudes about food and body image. These eating disorders include the following:



- **Compulsive overeating.** People with compulsive overeating disorder, also called *binge eating disorder*, lose control over their eating and eat large amounts of food. Compulsive overeaters become obese and may suffer from obesity-related diseases such as diabetes, coronary heart disease, and certain types of cancer.
- **Anorexia nervosa.** People with anorexia have an intense fear of becoming obese and have a distorted image of their bodies. They feel compelled to diet and exercise excessively. Some also abuse diuretics, laxatives, and appetite suppressants. This behaviour can lead to emaciation, failing physical and psychological health, and sometimes death.
- **Bulimia nervosa.** People with bulimia periodically go on binges and eat large amounts of food. Afterward bulimics purge—ridding their bodies of calories by vomiting, using diuretics and laxatives, or taking enemas. This bingeing and purging can result in imbalances in electrolytes, inflammation of the esophagus, problems with teeth and gums, other physical ailments, and sometimes death.

Anorexia and bulimia are eating disorders that mask as dieting. People who focus on thinness by denying themselves food or using laxatives to the point where they starve can do permanent damage to their bodies. Eating disorders are not about food issues. They are related to other issues in the sufferers' lives. For more information on eating disorders visit the National Eating Disorder Information Centre's website:



<http://www.nedic.ca/>

15. What are some of the signs that a person has an eating disorder?

Compare your answer with the Suggested Responses at the end of the lesson.

Go to page 1 of Assignment Booklet 1B and respond to questions 1 and 2 of Section 2.

Looking Back; Looking Ahead

In this lesson you explored one determinant of your personal wellness—healthy food choices. You examined tools you can use to help you make healthy food choices—Canada’s Food Guide and food labels. You discovered some facts about serving sizes, calories, sugar, fat, and sodium (salt); explored ways to make wiser food choices; and thought about eating disorders. In the next lesson you will examine another determinant of your personal wellness—active living.

Glossary

caffeine: an organic compound, considered to be a drug, found in beverages such as coffee or tea and is responsible for their stimulant effects

cholesterol: a fat-like substance produced in the body and found in foods such as dairy products, egg yolks, and organ meats (such as liver)

diuretics: any substances or drugs that tend to increase the production of urine

empty calories: calories obtained from foods with no nutrients

hydrate: to restore or maintain fluid balance

saturated fat: a type of fat that is found naturally in red meat, whole milk, butter, cheese, coconuts, coconut milk, and coconut oil

trans fat: a type of fat that is made from liquid vegetable oil using a chemical process called *partial hydrogenation*

Suggested Responses

1. Because the size of chips is not uniform, answers will vary. A serving size could be anywhere from 25 to 35 chips. Visualizing serving sizes can be tricky. The following “hand” equivalents may help you.
 - a thumb = 25g (2 thumbs = 50g, 1 serving of cheese)
 - a thumb tip = 5ml (1tsp)
 - a palm = 1 serving of meat, fish, or poultry
 - a fist = 250ml (1 cup)
2. The orange juice is a healthier choice than the carbonated beverage. Although the orange juice has slightly more calories, it has two important nutrients—Vitamin C and calcium. The carbonated beverage has no important nutrients.

3. The average can of pop has about 10 teaspoons of sugar.
4. Following is what one student discovered when he read the labels of some packaged foods in his home.

	Sugar	Fats	Sodium	Carbohydrates
Instant oatmeal, 36 g	13 g (3.25tsp) 36%	2%	10%	9%
Granola bars, per 45 g	12 g (3tsp) 26%	33%	1%	10%
Orange juice, 250 ml	28 g (7tsp)	0%	10 mg	10%
Instant noodles, per 65 g	1 g (.25tsp) 1.5%	37%	65%	12%
Tostitos, per 50 g	2 g (.50tsp) 4%	10%	14%	11%

He discovered that most of the foods he looked at provided small amounts of protein. He was surprised by the amount of sugar in the instant oatmeal and the granola bars—two items that are usually considered healthy choices.

5. Answers will vary. Following are the results of one group’s brainstorming,
 - Choose broiled, baked, or poached foods rather than fried foods.
 - Choose fish, chicken, turkey, and leaner cuts of beef.
 - Avoid (or choose less often) luncheon meats, wieners, sausage, duck, or goose.
 - Choose tuna packed in water or broth instead of oil.
 - Choose lower-fat dairy products—2%, 1%, or skim milk instead of whole milk.
 - Choose light or low-fat mayonnaise and salad dressings.
 - Choose ice milk, fruit sorbets, or frozen yogurt instead of ice cream.
6.
 - a. The sausage biscuit is higher in fat.
 - b. The sausage burrito is higher in cholesterol.
7. The charbroiled chicken burger is the healthier choice. It has less fat and less cholesterol.
8.
 - a. The charbroiled chicken has 6.5 teaspoons of fat.
 - b. The bacon cheeseburger has about 15.75 teaspoons of fat.
9. Answers will vary. See the chart in the response for question 4.
10. Some positive aspects of choosing the vegetable beef soup are that it is fairly low in calories, fat, and sugar. The main negative aspect of this food choice is that it is very high in sodium (salt).
11. Answers will vary. Again, see the chart in the response for question 4.

12. Answers will vary. Following are the results of one group’s brainstorming.
- Use the salt shaker sparingly.
 - Choose condiments that are not high in sodium.
 - Cook from scratch. Reduce the amount of processed foods you eat.
 - Choose fresh or frozen vegetables more often than canned vegetables.
 - Limit your high-sodium snacks. Instead, snack on fresh fruits and vegetables.
 - Choose fresh or frozen fish, poultry, and meat more often than canned or processed forms.
13. Adding caffeine information to food labels would help consumers make healthier food choices. Caffeine content can vary widely from brand to brand, and currently consumers have no way of knowing how much caffeine they are consuming.
14. Answers will vary. Did you discover some healthy alternatives to high calorie foods at the restaurant you researched? Hopefully, the information you discovered will help you make wise food choices.
15. Unusual eating habits—skipping meals; greatly cutting back on the amount of food taken at meal time; cutting food into very small pieces and moving it around on the plate; eating the same thing every day; getting into conflicts with friends or family about food choices and amounts—may be a sign of an eating disorder. Others include
- hiding food
 - lying about eating habits
 - noticeable weight loss/gain
 - preoccupation with food or weight
 - excessive exercise
 - bathroom visits after meals
 - abuse of laxatives, diuretics, or appetite suppressants
 - tooth decay (from stomach acids as a result of purging by vomiting)

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