

You Are What
You Eat

Did You Know.....

- Heart disease is the leading cause of death for both men & women in the US
- Worldwide, Coronary Heart Disease kills more than 7 million people per year
- 200 years ago, the average American ate 2 pounds of sugar per year
 - *1970 – 123 pounds of sugar per year
 - *Today – 152 pounds of sugar per year
- 24% of Americans have high blood pressure and are at risk of suffering a stroke, heart attack, congestive heart failure and developing atherosclerosis

Both saturated fat and trans fat are considered to be artery clogging fat and dangerous. They raise blood cholesterol more than anything else in the diet and heightens our risk of heart disease

Make A Better Choice!



Whole bagel w/jelly = 1/8 bagel w/1 tsp. of cream cheese

Both = 1g of fat



2 baked potatoes = 2 french fries

Both = .5g of fat



A plate of carrots = 1 corn chip

Both = 1g of fat



2 nacho chips = Bowl of air-popped popcorn

Both = .85g of fat



1 ounce of potato chips vs. Large bowl of pretzels

10g vs. 0g of fat



1 caramel nut candy bar vs. 28 licorice twists

15g vs. 1g of fat



1 chocolate donut vs. 133 oranges

21g vs. 0g of fat



3 corn chips vs. 6 rice cakes

5g vs. 0g of fat



Cheddar-filled combos vs. Animal crackers

15g vs. 2.4g of fat



1/2 caramel nut candy bar = 1 granola bar

7g of fat



8 vanilla wafers (1.3g) vs. 1 chocolate chip cookie (1.35 oz.)

2g vs. 9g of fat



www.healthysiouxfalls.org

More people are
overweight and
obese than ever
before, and with an
increase in obesity
there is an increase
in Heart Disease,
Type 2 Diabetes and
other health
problems



Quiz Time!

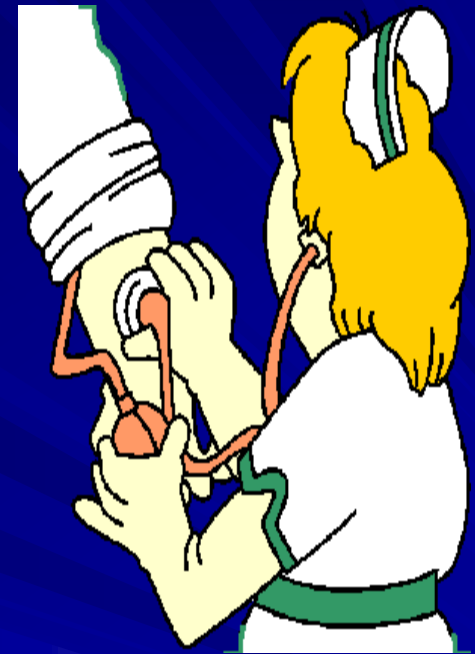
Consumer Reports Eat Comparison

1	a) Red Lobster 1¼-pound lobster		OR		b) McDonald's Fruit 'n Yogurt Parfait
2	a) 3 Big Macs		OR		b) 1 Uno deep-dish individual Shroom pizza
3	a) Wendy's large chili		OR		b) Wendy's Chicken BLT Salad with croutons and dressing
4	a) Starbucks Tazo Green Tea Frappuccino Blended Crème, whip, grande		OR		b) Starbucks hot chocolate, nonfat milk, no whip, venti
5	a) Burger King Whopper Jr., no mayo		OR		b) Burger King Dutch Apple Pie
6	a) Ruby Tuesday Triple Prime Burger		OR		b) Ruby Tuesday Parmesan Shrimp Pasta
7	a) Outback ½ Bloomin' Onion with dressing		OR		b) Outback 12-oz. sirloin
8	a) Krispy Kreme chocolate iced doughnut with sprinkles		OR		b) Dunkin' Donuts corn muffin
9	a) 1 cup Dunkin' Donuts broccoli cheese soup		OR		b) Dunkin' Donuts French cruller
10	a) Ruby Tuesday steamed broccoli with buttery sauce		OR		b) Ruby Tuesday Chocolate Tallcake

Salt (Sodium Chloride) is approximately 40% sodium and 60% chloride. Salt is our number 1 source of sodium. Normally, our body needs <500mg of sodium daily or <1/4 teaspoon of salt!



Studies indicate that a diet high in sodium can raise blood pressure. Blood pressure shows how much pressure the blood is putting on the walls of veins and arteries as the heart beats. A normal blood pressure for an adult is 120/80 or less.



The Average American Consumes Sodium

- 15% From the salt shaker
- 10% Naturally in foods
- 75% Processed foods

500 mg sodium = Maximum amount
of salt needed for 1
day

2400 mg sodium = Maximum amount
of salt
recommended per
day

6000 mg sodium = Amount of salt the average
American man consumes
each day.
(Women consume slightly less)

QUIZ TIME!

Which has more Sodium?
3 oz pork chop or 3 oz ham



McDonalds



■ Quarter Pounder with Cheese

■ 1150 mg

■ Large French Fry

■ 330 mg

■ Ketchup

■ 100 mg

■ Large Diet Coke

■ 45 mg

OR

**Total 1625 mg. Sodium

■ California Cobb Salad with Grilled Chicken

■ 1110 mg

■ 1% Low Fat Chocolate Milk

■ 150 mg

■ Chocolate Triple Thick Shake

■ 510 mg

**Total 1770 mg. Sodium

Pizza Hut



■ 2 Slices 12" Pan Meat Lovers Pizza

■ 1 Cheese Breadstick

■ Small Pepsi

OR

■ 4 Slices Personal Pan Cheese Pizza

■ 2 Hot Wings

■ Small Diet Pepsi

■ 1500 mg

■ 340 mg

■ 35 mg

**Total 1875 mg Sodium

■ 1240 mg

■ 450 mg

■ 35 mg

**Total 1725 mg Sodium

Taco Bell



- 2 Soft Shell Beef Tacos
- Mexican Rice
- Large Mt. Dew

OR

- Grilled Stuffed Chicken Burrito
- Nachos
- Large Pepsi

- 1240 mg
- 850 mg
- 95 mg
- **Total 2185 mg Sodium

- 2010 mg
- 530 mg
- 70 mg
- **Total 2610 mg. Sodium

Sugar in pop combines with bacteria in our mouth to form acid. This acid attacks your teeth and lasts about 20 minutes. Ongoing acid attacks weakens tooth enamel and can cause cavities.





Sugars and many foods that contain sugar in large amounts, supply calories, but are limited in nutrients. If a person eats too many high sugar foods they may not be getting enough vitamins, minerals & fiber needed.

Some Nutritionists suggest Americans consume no more than 10% of our calories in refined sugars. For a person eating 2000 calories a day, the goal would be 200 calories of added sugars or 13.3 teaspoons of sugar per day. The present average is 42 ½ teaspoons of sugar per day.

Quiz Time!

What Has More Sugar?



12 oz can Dr. Pepper

■ 9.5
Teaspoons

OR



12 oz can Orange Slice

■ 11.9
Teaspoons



20 oz Defense
Vitamin Water

■ 7.8 teaspoons

OR



18 oz Fuze Refresh
Strawberry
Guava

■ 10.8
teaspoons



- 12 oz Can of Diet Coke

- 0 Teaspoons

OR



- 12 oz can of Diet Mt. Dew

- 0 Teaspoons