



High Cholesterol



Heart Disease



Overweight Child



Improper Nutrition

accounts for

85% of This!

WHY aren't we doing better?

food companies & the media make things

CONFUSING

WHY aren't we doing better?

tasty foods are often too

COMPLICATED

WHY aren't we doing better?

“healthy” foods are often too

COSTLY

How many calories does the average American eat?

- A. 2,000 / day
- B. 2,500 / day
- C. 3,000 / day
- D. 4,000 / day



D. 4,000 / day

What's going on here??

How much refined sugar does the average American eat?

- A. 24 lbs / year
- B. 44 lbs / year
- C. 64 lbs / year
- D. 84 lbs / year



C. 64 lbs / year
(109 lbs for teenage boys)

High fructose corn syrup is
the biggest culprit, and
must be avoided!

Which contains more sugar?

- A. 1 oz Coke
- B. 1 oz Ketchup
- C. 1 oz Orange Juice



B. 1 oz Ketchup

Much of the sugar we're
eating is “hidden”!

Carbs are bad for you

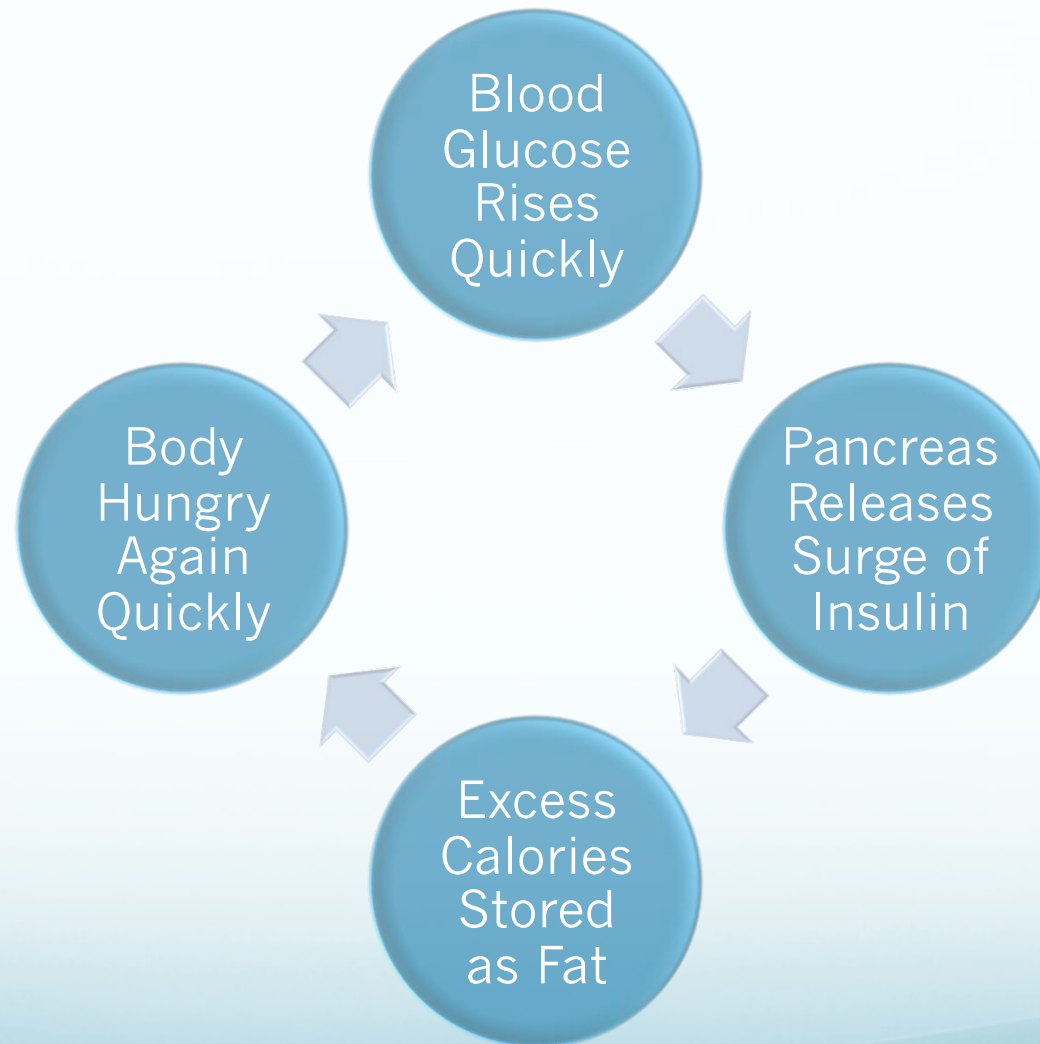
- A. True
- B. False



B. False

Simple carbs are basically sugar and make us want to eat more; complex carbs contain fiber and fill us up!

Simple Carb Cycle



Which is “healthier”?

A.



B.



B. 100% Whole Wheat

Whole Grains are very important, but labels can be confusing and even deceiving!

Fiber is only for old people,
or those with “problems”

- A. True
- B. False



B. False

We're getting about $\frac{1}{4}$ the fiber we need! Fiber fills us up, slows release of energy from food, and "moves along" cholesterol and "other stuff"

Are organic foods always healthier?

- A. Yes
- B. No



B. No

Some organic foods *may* be,
but just buying organic
doesn't mean you're buying
“healthier!”

Why Aren't Diets Sustainable?



There's no

MAGIC PILL

Keep Out

**High fructose Corn Syrup
Enriched flour
Hydrogenated Oil**

STRATEGIES for SUCCESS

1. find products that are **NUTRITIONALLY SOUND**
2. look for recipes and strategies that are **SIMPLE**
3. find items your family can **AFFORD**