

Nutrition for Healthy Living 120

GC0 3 - Health Trends and Issues

Aug 7-11:40 AM


Chronic Conditions

A chronic condition is one that is long-lasting or recurrent.

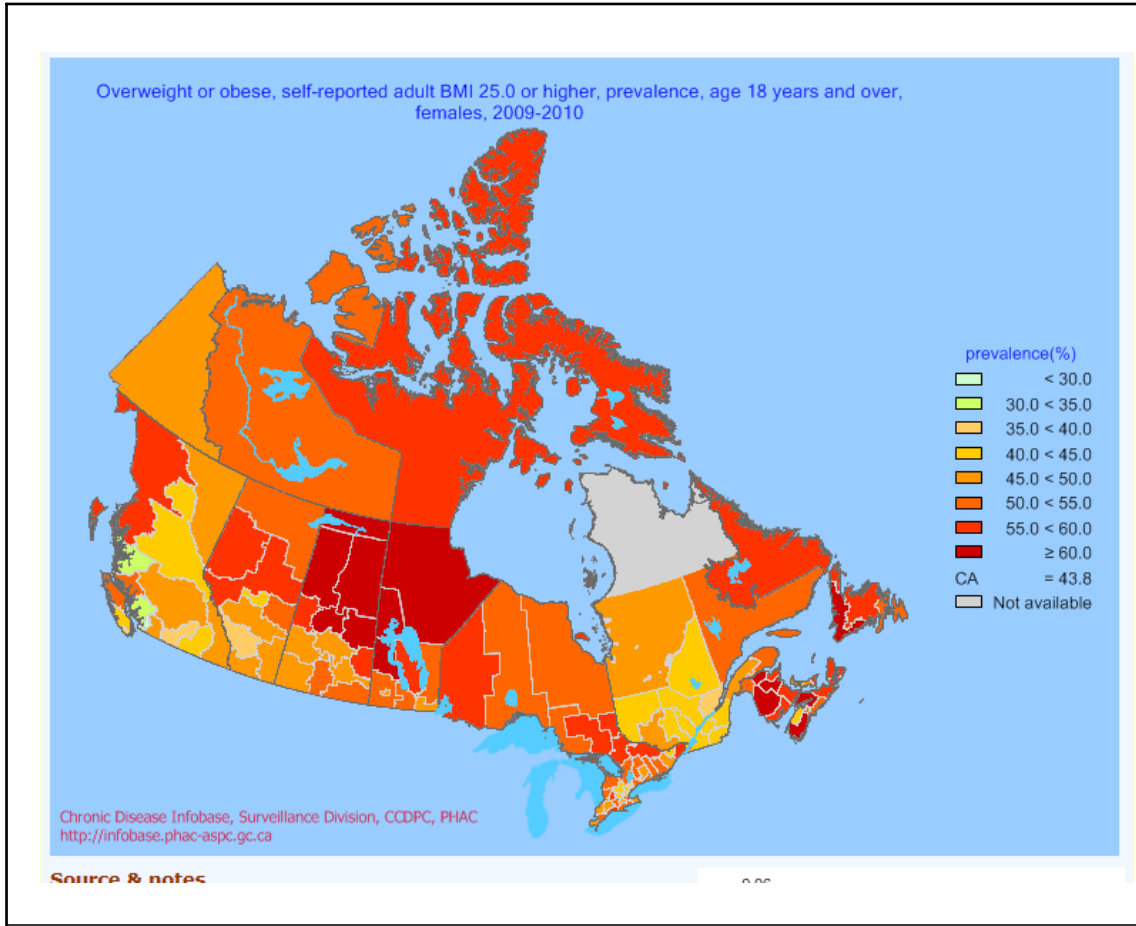
Center for Chronic Disease Prevention and Control

 <http://www.cdc.gov/>

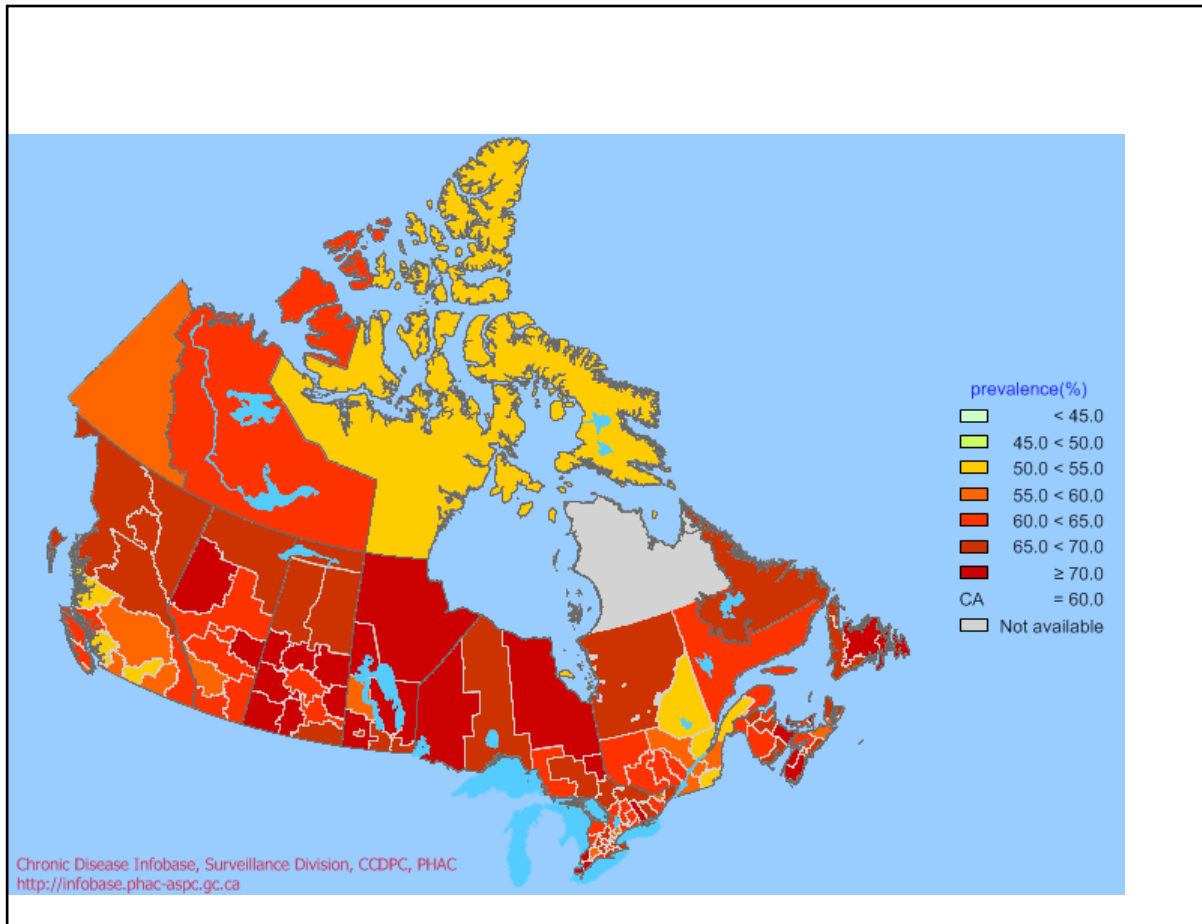
Chronic diseases are the most common and most costly health problems facing Canadians, however, they are among the most preventable.

 Risk Factors: tobacco, alcohol, blood pressure, physical inactivity, cholesterol, obesity, unhealthy diet, raised blood glucose.

Dec 9-12:05 AM



Jan 7-12:58 PM



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<http://www.businessinsider.com/world-health-organization-obesity-maps-2015-1>

Jan 12-2:59 PM

Chronic Conditions

too much salt

hypertension (high blood pressure)

atherosclerosis (plaque in arteries)

stroke

too much fat

lifestyle / diet

diabetes - type 2

osteoporosis (weak bones)

lacking calcium

dental disease

cancer

calcium fluoride

processed foods
organic foods - good

Dec 9-12:21 AM

Height-Weight Charts

Page 221

You can estimate healthy weight using a standard height-weight table.

Height-Weight Table

These tables are not precise and not designed for people under the age of 19. They do not take into account body composition or individual health risks.

P 221 textbook

<http://www.shemrock.com/blogs/average-height-and-weight-chart-for-indian-boys-and-girls/>

<http://www.calisthenicexercise.com/height-weight-chart/>

Dec 9-12:57 AM

Determining Healthy Weight

Chapter 12 - Page 219

It is important to maintain a healthy body weight. It is a weight at which your body fat is in an appropriate proportion to your lean tissue.

1. You can determine whether your weight is healthy by using mathematical calculations based on your weight and height.
2. You can take measurements of your body fat.

Dec 9-12:26 AM

Using Body Mass Index

Weight groups can be defined by body mass index.

Body mass index (BMI) is a calculation of body weight and height.

$$\text{BMI} = \frac{\text{weight in pounds}}{(\text{height in inches})^2} \times 705$$

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in meters})^2}$$

Example: Calculate the BMI of someone who is 5 feet 9 inches (1.75 m) tall and weighs 145 pounds (65.25 kg). 60.75 = 69

$\text{BMI} = \frac{\text{weight in pounds}}{(\text{height in inches})^2} \times 705$ $\text{BMI} = \frac{145}{(69)^2} \times 705$ $\text{BMI} = 21.5$	$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in meters})^2}$ $\text{BMI} = \frac{65.25}{(1.75)^2}$ $\text{BMI} = 21.3$
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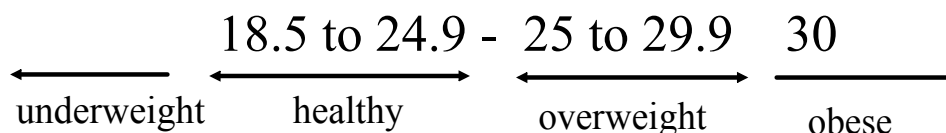
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For adults, healthy weight is defined as a BMI of 18.5 to 24.9.

An adult with a BMI of 25 to 29.9 is said to be overweight.

If an adult's BMI is 30 or more, the person is identified as obese.

Any adult with a BMI below 18.5 is considered underweight.

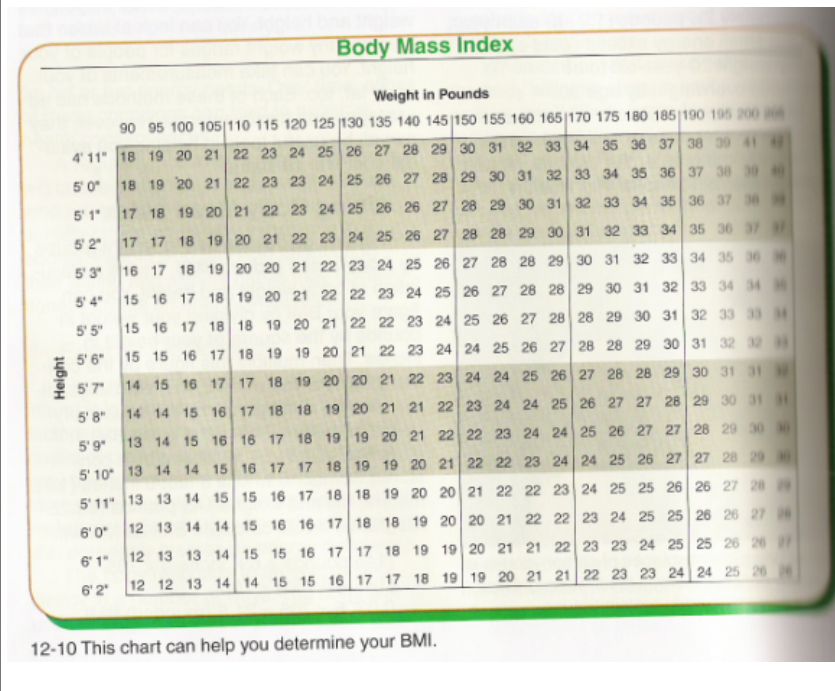


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Body Mass Index Chart

(Page 220)

You can find your BMI in a Body Mass Index chart if you know your height and weight.



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BMI is not an appropriate weight evaluation tool for everyone. It does not take into account where on the body a person's fat lies or whether the body mass is muscle or fat.

Chart Page 221


Also, definitions of weight categories based on BMI are not clear-cut for children and adolescents who are still growing. Recommended BMI cutoffs to identify children and adolescents who are overweight vary according to age and sex.

<http://www.medicalnewstoday.com/articles/265215.php>

Dec 9-12:51 AM


Body Shape and Health Risks

Your health is not only affected by how much body fat you have, but where most of the fat is located on your body. Fat around your waist is more dangerous than fat around your thighs and hips.



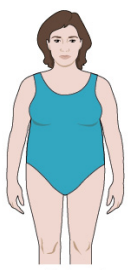
"Apple" Shaped Person

weight accumulation in the stomach and abdomen

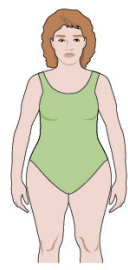


"Pear" Shaped Person

lower body fat stores in the hips, thighs and buttocks



apple-shaped



pear-shaped

The excess fat stored by "Pears" is just below the surface. It is not necessarily a risk to health. "Apples" have a higher risk for heart disease, stroke, diabetes, high blood pressure and gall bladder disease.

Dec 12-12:49 AM

Waist to Hip Ratio

The waist to hip ratio is a measure of trunk fatness.

$$\text{WHR} = \frac{\text{waist circumference}}{\text{hip circumference}} = \frac{34.5}{42.5} = 0.81$$

Men = 0.90

Women = 0.80

<http://www.bmi-calculator.net/waist-to-hip-ratio-calculator/waist-to-hip-ratio-chart.php>

Dec 12-1:34 AM

Body Fat Measuring Devices

Analyzing the percentage of fat in your body is another way to judge your weight status.

Men -> 15 - 18% (over 25% is excessive)

Women -> 20 - 25% (over 30% is excessive)

Dec 9-1:04 AM

Determining Body Fat

One way to measure body fat is to use a skinfold test. A caliper is used to measure the thickness of a fold of skin. An estimate is made about how much of the thickness is due to subcutaneous fat - the fat that lies beneath the skin and accounts for about half the fat in the body.

Skinfold measurements are often taken on the thigh, upper arm, abdomen and/or back.



Dec 9-1:09 AM

Pinch test - grasp the skin on the back of your upper arm halfway between your shoulder and elbow. Pinch this fold of skin between your thumb and forefinger. A distance between your thumb and forefinger of more than one inch (2.5 cm) may indicate a high percentage of body fat.

Dec 9-1:14 AM

Another method for measuring body fat is electrical impedance. This procedure measures the body's resistance to low-energy electrical current. Lean tissue conducts electrical energy, whereas fat does not. The measure of resistance is converted to a percentage of body fat.

 https://www.youtube.com/watch?v=ctrW_C7XZU0

 <https://www.youtube.com/watch?v=pJD7BsP6Als>

Dec 9-1:16 AM

Energy Balance

Energy is the ability to do work. It can't be created or destroyed, but it can change from one form to another.

Energy balance is the key to weight management.

energy in = energy out	}	If these are balanced, weight does not change.
calories in = calorie out		

Dec 15-8:48 PM

Energy Input

One side of the energy equation looks at the food you consume.

carbohydrates	fats	proteins
<u>4</u> cal/gr	<u>9</u> cal/gr	<u>4</u> cal/gr

Calorie density refers to the concentration of energy in a food.

foods high in fats - calorie dense

foods high in H₂O - lack calorie density

Dec 15-9:03 PM

Energy Output

The other side of the energy equation looks at the calories you burn throughout the day.

You need energy for basal metabolism, physical activity and the thermic effect.

1. basal metabolism - keeps you alive while you are at rest
 - the amount of energy required to support the operation of all internal body systems **except** digestion

It includes the energy your body uses every day to breathe, circulate blood, maintain nerve activity, secreting hormones, maintaining body temperature and making new cells.

The basal metabolic rate (BMR) is the rate at which the body uses energy for basal metabolism.

<http://www.bmi-calculator.net/bmr-calculator/bmr-formula.php>

*women require 0.4 cal/pound of body weight per hour to support basal metabolism
*men require 0.5 cal/pound of body weight per hour to support basal metabolism

2. physical activity - you need energy to move muscle and the extra work of breathing harder and pumping more blood during exercise
 - body size and amount of muscle movement varies energy output
3. thermic effect of food - the energy required to extract the energy from food
 - the energy required to complete the processes of digestion, absorption and metabolism

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English

BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

example: $655 + (4.35 \times 165) + (4.7 \times 66) - (4.7 \times 39) = 1502$

Metric

BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Daily calorie needs moderate activity

$1502 \times 1.55 = 2328$ calorie

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>

Jan 9-12:42 PM

Current Trends

1. holistic approach ✓
2. trans fatty acids ✓
3. vegetarian diets ✓
4. carbohydrate loading .
5. glycemic effect .
6. fad diets .

Dec 15-9:24 PM

Sport Nutrition

Chapter 16

The typical athlete burns many calories through exercise.

Chart - How Many Calories Do Athletes Burn? (Page 275)

Dec 15-9:30 PM

An Athlete's Dietary Needs

Athletes need to choose foods high in carbohydrates, moderate in protein and low in fat. Carbohydrates are the preferred source of energy.

Diets need to include a variety of foods rich in vitamins and minerals because they are important for the conversion of carbohydrates, fats and protein to energy.

Link - Steelers



Dec 15-9:39 PM

Carbohydrate Loading

Carbohydrate loading is a technique used to trick the muscles into storing more glycogen for extra energy.

It involves eating a diet moderate in carbohydrates for a few days. Then during the three days before a sports event, an athlete consumes a high-carbohydrate diet and decreases training intensity.

When you eat a much larger percentage of carbohydrates than protein or fat, extra glucose is stored as glycogen in the liver and muscles. During exercise, the glycogen is converted to energy.

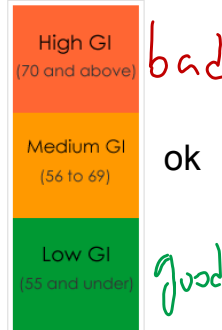
Some problems can occur: water retention, digestion distress, muscle stiffness and sluggishness. Athlete's with chronic diabetes are especially likely to have problems.

Dec 15-9:43 PM

Link

Glycemic Effect

The glycemic index is a scale that ranks carbohydrates by how quickly and how high they raise your blood sugar once they have been eaten.



Choose low GI carbs. They are the carbs that produce only small fluctuations in blood glucose and insulin levels.

<http://www.glycemicindex.ca/glycemicindexfoods.pdf>

http://www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm

Link

Dec 15-11:32 PM

<http://ed.ted.com/lessons/do-fad-diets-work-mia-nacamulli>

Fad diets

Atkins - high protein- Ideal Protein

21 day plan

Plexus

Cabbage soup diet

Jan 13-3:15 PM

Fad Diets

A fad diet is an eating plan that is popular for a short time because it promises rapid weight loss.

Other Definitions of a Fad Diet

Some nutritionists define a fad diet by a series of questions rather than assessing popularity:

- Recommendations that promise a quick fix
- Dire warnings of dangers from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists of "good" and "bad" foods
- Recommendations made to help sell a product
- Recommendations based on studies published without review by other researchers
- Recommendations from studies that ignore differences among individuals or groups
- Eliminated one or more of the five food groups

Dec 16-12:13 AM

This diet is gas powered.

The Cabbage Soup Diet and Recipe

Recipe:

The cabbage soup can be eaten at any time you feel hungry during the day, and you can eat as much as you wish as often as you like.

Ingredients:

- 1 Green Pepper
- 1 Large Can Diced Tomatoes
- 6 Stalks Celery
- 1 Large Onion - Chopped
- 1-2 Cubes of Bouillon (if desired)
- 1 head cabbage. A nice, big green one.
- 48 oz. of V-8 Juice (low sodium works best)
- 4 cups of water
- 1 teaspoon of olive oil (no more)
- 1/2 teaspoon hot sauce



Cut vegetables into small pieces. Saute the onion in the olive oil for two minutes, then add the celery and peppers and saute for 4 minutes more. Then cover with the water and V-8 juice. If you want the bouillon add it now. Add the hot sauce and tomatoes.

Bring the whole mixture (which now includes everything but the cabbage) to a boil. Reduce to a simmer and continue cooking until vegetables are tender (about 30 minutes to an hour depending on how large you cut the celery).

Core the cabbage (take the stem out of it). Shred the cabbage and then add the cabbage and cook for another 10 minutes. Adding the cabbage near the end preserves some of its nutritional content and keeps your kitchen from smelling like a latrine.

During the Cabbage Soup Diet you can eat as much of this soup as you want, whenever you want it. Eat it all day and night if you want.

Dec 16-12:28 AM

Day One:

Fruit: Eat all of the fruit you want (EXCEPT BANANAS). Eat only your soup and the fruit for the first day. For drinks- unsweetened teas, cranberry juice and water.

Day Two:

Vegetables: Eat until you are stuffed with all fresh, raw or cooked vegetables of your choice. Try to eat leafy green vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your soup. At dinner, reward yourself with a big baked potato with butter. Do not eat fruit today.

Day Three:

Mix Days One and Two: Eat all the soup, fruits (but not bananas) and vegetables you want. NO BAKED POTATO.

Day Four:

Bananas and Skim Milk: Eat as many as eight bananas and drink as many glasses of skim milk as you would like on this day, along with your soup. This day is supposed to lessen your desire for sweets.

Day Five:

Beef And Tomatoes: Ten to twenty ounces of beef and up to six fresh tomatoes. Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body. Eat your soup at least once this day. You may eat broiled or baked chicken instead of beef (but absolutely no skin-on chicken). If you prefer, you can substitute broiled fish for the beef one one of the beef days (but not both).

Day Six:

Beef and Vegetables. Eat to your heart's content of beef and vegetables this day. You can even have 2 or 3 steaks if you like, with leafy green vegetables. NO BAKED POTATO. Eat your soup at least once.

Day Seven:

Brown rice, unsweetened fruit juices and vegetables: Again STUFF,STUFF,STUFF yourself. Be sure to eat your soup at least once this day.

That's it. Good luck. We would love to see this diet work for you, help you lose weight, and give you a more positive self image.

Dec 17-12:11 AM

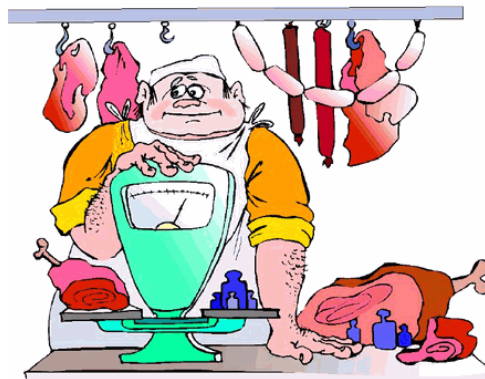
Atkins Says - "Carbohydrates are Bad"

What to do:

The Atkins diet plan is a low carbohydrate method. The avoidance of carbohydrates in your diet is structured to keep your body from adding weight. The method includes eating less than 20 grams of carbohydrates per day.

Free Meats and Cheeses:

The following meats and cheeses have no carbohydrates. Using the Atkins diet plan you may eat as much of the following items as you wish.



Meat	Fish	Fowl	Shellfish	Eggs	Cheese
Beef	Tuna	Chicken	Oysters	Scrambled	Aged & Fresh
Pork	Salmon	Turkey	Mussels	Fried	Cow & Goat
Lamb	Sole	Duck	Clams	Poached	Cream Cheese
Bacon	Trout	Goose	Squid	Soft Boiled	Cottage Cheese
Veal	Flounder	Cornish Hen	Shrimp	Hard Boiled	Swiss
Ham	Sardines	Quail	Lobster	Deviled	Cheddar
Venison	Herring	Pheasant	Crab		

Dec 17-12:12 AM

Not Bad Vegetables:

A serving of these salad vegetables has 10% or less of your daily carbohydrate limit. Therefore you can eat up to three cups of these without worry.

- Lettuce
- Escarole
- Arugula
- Endive
- Radicchio
- Chicory
- Sorrel
- Mache
- Bock Choy
- Chives
- Parsley
- Cucumber
- Radishes
- Fennel
- Peppers
- Celery
- Jicama
- Alfalfa Sprouts
- Mushrooms
- Olives

Other Vegetables:

These vegetables have more carbohydrates than the ones above. You'll want to limit your intake these to about 1 cup per day.

- Asparagus
- String beans, wax beans, etc.
- Cabbage
- Beet Greens
- Cauliflower
- Chard
- Eggplant
- Kale
- Kohlrabi
- Tomato
- Onion
- Rhubarb
- Scallions
- Leeks
- Spinach
- Summer Squash
- Zucchini
- Okra
- Pumpkin
- Turnips
- Avocado
- Bamboo Shoots
- Bean Sprouts
- Water Chestnuts
- Snow Pea Pods
- Sauerkraut
- Collard Greens
- Dandelion Greens
- Broccoli
- Spaghetti Squash
- Celery Root
- Brussel Sprouts
- Artichoke Hearts
- Hearts of Palm

These foods are high in carbohydrates and should be avoided

- Breads
- Cereals
- Grains
- Sugars
- Candy
- Pasta
- Rice
- Anything with Flour
- Non-diet soda
- Juice
- Fruit
- Potato
- Chips
- Alcohol
- Beer

Dec 17-12:14 AM

3 Day Diet

"3 day diet"

Instructions:
 Drink 4 glasses of water or diet soda per day.
 You can add herbs, salt, pepper, lemon, vinegar, Worcestershire, soy sauce, mustard & ketchup to your foods.

DAY 1

BREAKFAST
 Black Coffee or Tea w/1-2 packets of Sweet & Low or Equal
 1/2 Grapefruit or Juice
 1 Toast with 1 Tbsp. Peanut Butter

LUNCH
 1/2 cup of Tuna

DINNER
 3 Oz. any lean meat or chicken
 1 cup green beans
 1 cup carrots
 1 apple
 1 cup regular vanilla ice cream

DAY 2

BREAKFAST
 black coffee or tea w/1-2 packets of Sweet & Low or Equal
 1 Egg
 1/2 banana

LUNCH
 1 cup cottage cheese or tuna
 8 regular saltine crackers

DINNER
 2 beef franks
 1 cup broccoli or cabbage
 1/2 cup carrots
 1/2 banana
 1/2 cup regular vanilla ice cream

DAY 3

BREAKFAST
 black coffee or tea w/1-2 packets of Sweet & Low or Equal
 5 regular saltine crackers
 1 cup cheddar cheese
 1 apple

LUNCH
 1 boiled egg
 1 toast
 black coffee or tea w/1-2 packets of Sweet & Low or Equal

DINNER
 1 cup tuna
 1 cup carrots
 1 cup cauliflower
 1 cup melon
 1/2 cup regular vanilla ice cream



Dec 17-12:19 AM

Chicken Soup Diet

The Chicken Soup Fad Diet works on a very simple idea. You eat 1 breakfast each day (see breakfast choices listed below) and as much chicken soup as you want during the day.

Here is the recipe for the chicken soup:

Ingredients:

- 2 Tbs. oil, best if you use olive oil
- 4 parsnips cut into 1/2 inch pieces (this is about 1 lb. of parsnips)
- 4 ribs celery sliced
- 1 turnip cut into 1/2 inch pieces (3/4 of a pound)
- 1 jalapeno pepper, seeded and chopped
- 1 Tbs. chopped garlic
- 2 tsp. salt
- 1/2 tsp. cayenne pepper
- 16 cups reduced fat, low sodium, chicken broth
- 7 cans (5 oz. each) of chicken, or 5 cups (1 1/2 lbs) fresh chicken (cooked)
- 1 bag (16 oz.) frozen carrots
- 1 box (10 oz.) frozen broccoli florets
- 1 box (10 oz.) frozen chopped collard greens
- 1 1/2 cups frozen chopped onions
- 1/4 cup lemon juice
- 1/4 cup chopped fresh dill or 1 tbs dried dill.

Cooking Instructions:

Using a large pot, heat the oil over a medium heat. Add the parsnips, celery, turnip, jalapeno pepper, garlic, salt and cayenne pepper. Cook all the vegetables until they are crisp-tender...this should take about 15 minutes. Add the broth, chicken, carrots, broccoli, collard greens, onions, lemon juice and dill. Bring it to a boil, reduce heat and let it simmer for 5 minutes.

This will make 26 cups of soup.

Breakfasts Choices

On the chicken soup fad diet you are allowed one breakfast a day. Try to mix it up a bit by trying more than one of the following choices:

Breakfast 1:

- 1 cup vanilla nonfat yogurt combined with 1/2 cup chopped fruit salad and sprinkled with wheat germ.

Breakfast 2:

- 1 cup ricotta cheese combined with 1/2 tsp. of sugar and a dash of cinnamon.
- 2 pieces whole-grain bread, toasted
- 3 dried figs

Breakfast 3:

- 1 1/2 cups Total cereal
- 1/2 cup nonfat milk
- 1/2 cup calcium enriched orange juice


Breakfast 4:

- 1/2 cup prune juice
- 1 small whole-wheat bagel, topped with 1 oz of fat-free cheddar cheese melted.

Breakfast 5:


- 1 1/2 cups cooked Wheatena Cereal
- 1/2 cup nonfat milk

Now remember, you have one of these breakfast dishes every day and then as much of the chicken soup as you want.




Dec 17-12:23 AM

Link



Link



Dec 16-12:32 AM

Dangers of Rapid Weight-Loss Plans

Weight-loss diets that provide fewer than 1200 calories per day are sometimes referred to as crash diets. These diets lack essential nutrients. It takes a minimum of about 1300 calories to provide all the recommended servings from the Food Guide.

Fasting means to refrain from consuming most or all sources of calories. Within 24 hours of fasting, the body's carbohydrate stores can be depleted. After that, the body will start to break down lean tissue including muscles and organs to produce energy. The body will also convert fatty acids into ketone bodies which can lead to ketosis.

Dec 17-12:33 AM

Ineffectiveness of Rapid Weight-Loss Plans

Crash diets seldom have long-lasting positive weight-loss results. Dramatic initial results are often due to fluid loss. When the diet ends water weight is quickly regained.

Fad diets give people no control over their food choices - you are usually told what and how much to eat. The diets are not designed to help people maintain new weights. Old eating habits return quickly once the diet ends.

Crash dieting can lead to weight cycling - a lifelong pattern of weight gain and loss. It is sometimes called the yo-yo diet syndrome.


Research indicates that increases and decreases in weight from year to year may be harmful to health.

For weight loss to be effective, it should be a process that gradually removes unwanted weight (1-2 lbs/week) while the participant learns ways to eat healthy for life.

Dec 17-12:39 AM

[Home](#) > Cheaters Tips

Cheater Tips



- 1.If you eat something and no one sees you eat it, it has no calories.
- 2.If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
- 3.When you eat with someone else, calories don't count if you don't eat more than they do.
- 4.Food used for medicinal purposes NEVER count, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.
- 5.If you fatten up everyone else around you, then you look thinner.
- 6.Movie related foods (Milk Duds, Buttered Popcorn, Junior Mints, Red Hots, Tootsie Rolls, etc.) do not have additional calories because they are part of the entertainment package and not part of one's personal fuel.
- 7.Cookie pieces contain no fat-- the process of breaking causes fat leakage.
- 8.Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
- 9.Foods that have the same color have the same number of calories. Examples are: spinach and pistachio ice cream; mushrooms and white chocolate. NOTE: Chocolate is a universal color and may be substituted for any other food color.
- 10.Foods that are frozen have no calories because calories are units of heat. Examples are ice cream, frozen pies, and Popsicles.
11. Foods eaten while watching a major event on television do not count. Major events include: Superbowl, Hockey Finals, Indy 500, Jerry Springer show.
12. Powerbars and other type energy bars make you thinner. In all my years of exercising (at least three times a year) I have only seen thin people eating energy bars. Ergo (therefore) they must make you thin.
13. Snickers is the same as an energy bar (see #12)
14. Tasting other people's food does not add to your calorie count.
15. Containers of food that list the number of servings as greater one are lying. Every container

Dec 16-12:25 AM

Self- Esteem

Self-esteem is how you feel about yourself.

Body Image

Body image is a person's inner perception of their outward appearance.

<https://www.pinterest.com/pin/483574078721387285/>

Dec 17-11:07 PM

Media Images

Consider these media trends...

The Era	The Look of the Day for Women
1800's	A large body is a sign of health and fertility. Corsets narrow the waist and enhance the bust.
1890's	Actress Lillian Russell at 200 lbs. or 91 kg. is the most celebrated beauty of the time.
1910's	Paris designer creates slim sheath dresses, declares that breasts are "out".
1920's	Era of the flat-chested, slim-hipped flapper. First dieting craze of the 20th Century begins.
1950's & 1960's	Voluptuous full figured shapes of Marilyn Monroe and Jayne Mansfield are popular.
1967	British model Twiggy (5'6 or 168 cm. and 91 lbs. or 41 kg.) arrives on the scene – and the diet industry explodes.
1970's & 1980's	Models gradually become taller, thinner and begin to show toned muscle definition. Breasts make a fashion come-back.
Early 1990's	Waif-like figure of Kate Moss presents a wasted "heroin chic" look and a pre-teen body.
Late 1990's	Tall, very thin models with no visible body fat and muscles highly toned by hours of working out. Large breasts remain in style – but are rare in this body type without the help of breast implants. The average North American woman is 5'4 or 163 cm and 140 lbs. or 64 kg. Models in the 1970's weighed 8% less than the average woman. By the 1990's models weighed 23% less.
2000 and beyond	Real bodies come in all shapes and sizes. ... Set your own trend!!!

Dec 18-12:01 AM



Woman from 1800's



Lillian Russell - 1890's



Flapper - 1920's



Marilyn Monroe - 1950's and 1960's



Twiggy - 1967

Dec 17-11:24 PM

Link



Dove



Dec 17-10:23 PM

Eating Disorders

(Chapter 14)

An eating disorder is an abnormal eating pattern that endangers physical and mental health.

Eating disorders are most common among teenage and young adult women, but people of both genders and other age groups can develop these disorders too.

Dec 18-12:02 AM

Probable Causes of Eating Disorders

Social Influences

- * Media emphasis on thinness
- * Changing role expectations for women - career, success and family

Psychological Influences

- * A need for control
- * Poor self-esteem
- * Need for acceptance and approval
- * Unrealistic self-expectations
- * Inability to cope
- * Family stresses

Genetic Influences

- * Hormonal imbalance
- * Depression
- * Other medical causes

Dec 17-11:51 PM

Characteristics of People With Eating Disorders

- * Fear of becoming overweight
- * Poor body image
- * Low sense of self worth
- * Preoccupation with food
- * Distorted feelings about hunger and fullness
- * Emotionally withdrawn from friends
- * High achievement orientation
- * High stress levels
- * Secretive eating behaviors

Dec 17-11:56 PM

Nervosa

"Nervosa" indicates that an illness that has a psychological origin.

Handout

Dec 19-1:03 AM

Anorexia Nervosa



A person with anorexia nervosa is called an anorexic.

Anorexia is typified by an intense fear of weight gain. Anorexics often have serious social and emotional problems. The ability to control weight gives the person a sense of power they lack in other areas of their lives, however, he/she may become consumed by unreasonable expectations about what they should look like and what weight they should lose. Anorexics deny they have a problem.

Behaviors

- skip meals
- eat very little or just move food around the plate
- some eat in private
- some use laxatives and diet pills
- some exercise excessively
- wear baggy clothes

Physical Symptoms

- large drop in weight
- females develop amenorrhea due to low body weight and fat
- restlessness and irritability
- feel cold
- body grows a covering of fine hair to trap heat
- rough, dry skin
- hair loss

Health Problems

- normal growth and development slows or stops
- muscle tissue wastes away
- blood pressure and pulse rate drop
- body organs begin to shrivel
- bone density decreases, osteoporosis may develop
- death from starvation
- depression which may lead to suicide

△

Dec 18-12:07 AM

Bulimia Nervosa

Bulimics are people with bulimia
psychological component

2 Key Behaviours

1. Bingeing - uncontrollable eating of huge amounts of food
2. Purging- clearing food from the digestive system by vomiting, laxative use, use of diuretics, enemas

Some bulimics use excessive exercise or periods of fasting to prevent weight gain.

→ The bingeing and purging cycle may occur a number of times during the day.

→ Characteristics

- low self-esteem
- always be thinking about food.

* Bulimics know their eating habits are not normal.

→ The problem may not be detected by others for a long time

Health problems

- with repeated vomiting, glands in the throat may swell
- stomach acids burns the esophagus
- stomach acid can destroy tooth enamel
- fluid balance problems - liver and kidney problems
- can lead to death

Dec 19-1:07 AM

Binge Eating Disorder

- > involves eating very large amounts of food
- > bingers rapidly overeat until uncomfortably full
- > bingers do not engage in follow-up behavior to prevent weight gain
- > problems with excess weight occur
- > feelings of guilt
- > ongoing feelings of frustration and rejection
- > generally drop out of weight loss programs
- > without treatment bingeing will begin again and lost weight will be regained

Jan 3-11:50 PM

Female Athlete Triad

TRIAD - a group of three things

1. Eating disorders among female athletes are common.
2. A second problem is amenorrhea - linked to a loss of minerals from bone tissue.
3. The second problem leads to a third -> osteoporosis.

Sports performance will deteriorate. This may foster feelings of low self-esteem that perpetuates the disordered eating habits.

Jan 4-12:08 AM

Eating Disorders Read the Warning Signs (Handout)

Jan 3-11:55 PM

Professional Services

medical doctors
psychologists
registered dietician
exercise specialist



All need specialized training
in handling eating disorders.

Jan 4-12:06 AM

Treatments

*Not on
axim .*

1. Anorexia Nervosa

- (i) attend to physical health problems the disorder has caused
- (ii) psychological help
- (iii) nutrition counseling
- (iv) develop a suitable exercise plan
- (v) build new controls: verbal skills, stress management techniques
- (vi) family support

* Early treatment is the best chance for improved health.
Some people recover fully. Approximately 20% will remain
underweight.

2. Bulimia Nervosa

- > Outpatient treatment is typical unless the case is severe
- > Antidepressants may be prescribed.
- > Support groups may be available.

* With treatment 25% of bulimics stop bingeing and purging.
With or without treatment, relapses occur especially during
periods of stress.

3. Binge Eating Disorder

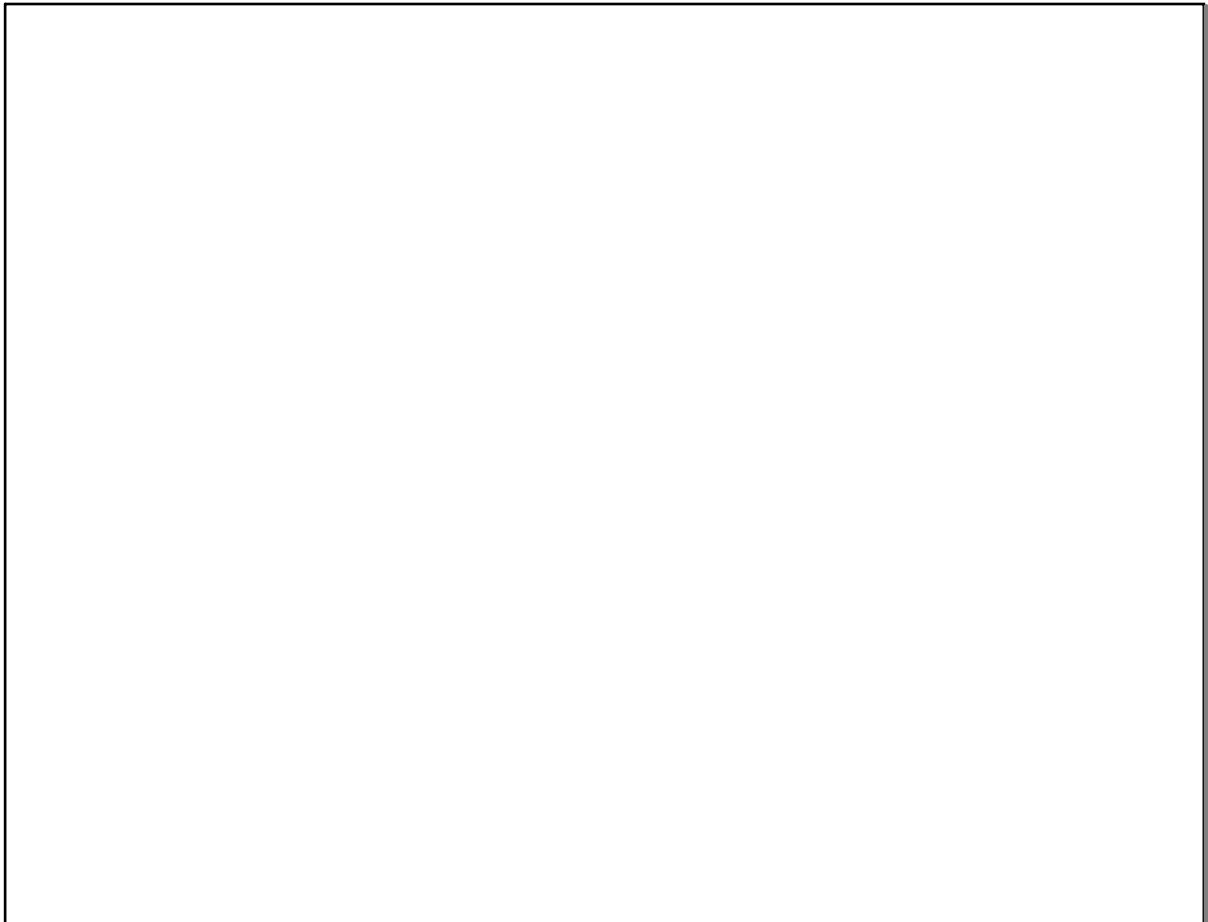
- > Treatment focuses on emotional issues and eating problems.
- > Weight management techniques are taught.

Jan 3-11:56 PM

Topics - GCO 3

1. Chronic condition - definition
 examples: hypertension, diabetes, stroke, cancer, etc.
2. BMI - Body Mass Index
 Calculation: $BMI = \frac{\text{weight}}{(\text{height})^2} \times 705$
 * weight \rightarrow pounds
 * height \rightarrow inches
 Example: $5'6" = 66 \text{ inches}$
 $60 + 6 = 66 \text{ inches}$
 BMI ranges: $16.5 - 24.9$ (underweight), $25 - 29.9$ (overweight), 30 (obese)
3. Energy In \rightarrow calories you consume
 [4-9-4 carbs, fats, prot]
 Energy Out \rightarrow ① physical activity
 ② basal metabolic rate
 ③ thermic effect of food
 ↳ digest, absorb, transport nutrients
4. Carbohydrate Loading \rightarrow endurance athletes
 ↳ "trick" \rightarrow speed across groups
5. Glycemic index - def:
 high $70 + \uparrow$
 medium $56 - 69$
 low $55 + \downarrow$
6. Fad diet (low carb, keto, liquid diet, fasting)
 ↳ weight cycling (yo-yo dieting) \uparrow 1200
7. self-image, body image, self-esteem.
8. Eating disorder \rightarrow def:
 ↳ anorexia nervosa
 ↳ bulimia nervosa
 ↳ binge eating disorder
 ↳ professionals \rightarrow treatment
 ↳ causes \rightarrow ③

Jan 4-2:58 PM



Jan 8-1:32 PM

Chronic Disease Clock



Dec 9-12:17 AM