

Words To Know

When staying healthy, here are some terms you should know:

- 1.lean- (edible meat) containing little or no fat.
- 2.saturated fat-type of fat found mostly in animal products.
3. variety- a number of different types of food from different groups.
- 4.diet-what a person usually eats and drinks

Be sure to look at the nutrition facts for some of these terms.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Links

Here are some links you can go to, to learn more about your health.

MyPyramid.gov

MyPyramid.gov

Nutrition.gov

Nutrition.gov



Eating and Staying Healthy

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Computer 7



Eating and staying healthy is very important. The most important part of staying healthy is a balanced diet and getting the nutrients you need. Healthy eating means eating the right amount of foods from all the food groups in order to have a healthy life. Exercise an hour a day and you will be on your way to an amazing and long life. It is never too late!



Tips and Tricks

1. Try to drink fat free milk to lower saturated fat and calories rather than whole milk.
2. Eat enough calories, but not too many-you should have 2,000 calories a day.
3. Exercise an hour a day.
4. A healthy breakfast can lead you to a strong and long day.
5. Rather than having white bread, try to have whole wheat.



Negatives on Not Being Healthy

Being healthy is easy and fun. If you are not healthy there is an endless amount of negative effects that can happen.

1. Obesity
2. diabetes
3. not enough energy
4. cancer
5. low blood sugar

