**Unit 4 Chapter 11 Managing Weight and Eating Behaviors**

**Metabolism-** the process by which the body breaks down substances and gets energy from food. 3,500 calories equal 1 lb of body fat

* Foods higher in fat will be higher in calories. A gram of fat contains 9 calories, a gram of protein or carbohydrate contains 4.
* -sugary foods contain more calories than fresh vegetables and fruits, which are higher in water and fiber
* Food preparation plays a high role in calories as well.

**Body Mass Index (BMI)-** a measure of body weight relative to height.

**Overweight-** heavier than the standard weight range for your height

\*\* remember every teen grows at his or her own rat**e\*\***

**Body Composition-**  be aware of the ratio of fat to lean tissue in your body. You can use skin fold testing to measure BMI by a qualified professional.

**Weight and Health**

Weighing too much can increase your risk for health problems like heart disease, cancer, asthma, osteoarthritis, gallbladder disease, or type 2 diabetes. Teens who weigh too little may feel weak, tire easily, and have trouble concentrating.

-More than 17 % of teens in the United States are overweight. This has tripled since the 1980’s.

**Obese-** having an excess of body fat.

**Underweight-** or below the standard weight range for your height, this also carries health risks. This means they may not be getting the calories and nutrients their bodies need.

**Managing your Weight**

-Target a healthy weight:

-Set Realistic Goals:

-Personalize your plan:

-Put your goals and plan in writing:

-Evaluate your progress:

**Healthful Ways to Lose Weight**

* Choose Nutrient-dense foods:
* Watch Portion sizes:
* Eat Fewer foods that are high in fats and added sugars:
* Enjoy favorite foods in Moderation:
* Be active:
* Tone your muscles:
* Stay hydrated:

**Healthful ways to gain weight**

* Select foods from the five major food groups that are higher in calories:
* Choose higher calorie, nutrient- rich foods:
* Eat nutritious snacks:
* Get regular physical activity:

**Physical Activity and Weight Management**

* Helps relieve stress
* It promotes a normal appetite response
* It increases self-esteem, which helps you keep your plan on track
* It helps you feel more energetic

**Body Image and Eating Disorders**

**Body Image-** the way you see your body, can be positive or negative.

**Fad Diets-** weight loss plans that tend to be popular for only a short time, usually promise quick easy weight loss. Lose weight quickly then regain it.

**Weight cycling-** a repeated pattern of losing and regaining body weight

**Types of Fad Diets**

* Miracle Foods:
* Magic Combinations:
* Liquid diets:
* Diet pills:
* Fasting:

**\*\*Watch out for words like, effortless, guaranteed, miraculous, breakthrough, ancient or secret\*\***

**Eating Disorder-** extreme harmful eating behaviors that can cause serious illness or even death

**Anorexia nervosa-** an eating disorder in which an irrational fear of weight gain leads people to starve themselves, mainly affects girls and young women. Often develop obsessive behaviors related to food such as:

-avoid food and meals

- eating only a few kinds of food in small amounts

-weighing or counting the calories in everything they eat

-exercising excessively

-weighing themselves repeatedly

**Bulimia Nervosa-** is an eating dsorder that involves cycles of overeating and purging, or attempts to rid the body of food. These people regularly go on binges of eating a huge amount of food in a single sitting.

-They may feel out of control, gulping down food before they can taste it, after the binge they purge.

-health consequences include dehydration, sore and inflamed throat, and swollen glands, teeth become damaged by regular exposure to stomach acid from vomiting. May damage stomach, intestines or kidneys.

**Binge Eating Disorder-** is an eating disorder in which people overeat compulsively. (They binge in much the same way people with bulimia do, large amounts of good in a short time) More common in Males Peole become overweight or obese

\*\* Eating disorders are serious and dangerous illnesses, people with these need help to overcome them\*\*

* Counseling, nutritional guidance, a doctor’s care, and in extreme cases a hospital stay

**Lifelong Nutrition**

**-a 16 year old girl will need more calories and different levels of nutrients than an 80 year old man.**

**Factors that affect your nutritional needs include:**

Age-

Gender-

Activity level-

**Vegetarian-** a person who eats mostly or only plan based foods, (vegan eat only plant based foods)

-Lacto-ovo vegetarian also eat dairy foods and eggs

-lacto vegetarians who add dairy goods to their diet

Ovo vegetarians who include eggs in their diet

**Dietary supplements-** products that supply one or more nutrients as a supplement to, not a substitute for healthful foods.

**Health Conditions**

Diabetes-

Food Allergies-

Lactose Intolerance-

Celiac Disease-

High Blood Pressure-

High Cholesterol-

**Nutrition for Athletes**

Teen athletes may need anywhere from 2,000-5,000 calories per day depending on their sport and on the intensity length, and frequency of their training.

**Making Weight-** in sports such as wrestling and boxing athletes have to make weight to compete in a certain weight class.

**Hydration-**  teen girls should try to drink about 9 cups fo non-caffeinated fluids each day and teen boys should try to drink 13 cups. Student athletes need more fluids because of sweating during exercise.

-Dehydration can lead to fatigue, dizziness, or lightheadedness, cramping, and loss of electrolytes.

**Avoid Performance Enhancers**

**Performance Enhancers-** substances that boost athletic ability, many pose health risks.

Anabolic Steroids-

Androstenedione-

Creatine-

Energy Drinks-

-Eating before a competition provides your body with the energy it needs to get through a competition, eat 3-4 hours before a competition, choose meals high in carbohydrates and low in fat and protein.

**Using Supplements**

**Herbal supplements-** dietary supplements containing plant extracts.

**Megadoses-** or very large amounts, of any supplement can be dangerous. Large amounts of vitamins like A,D,E,K can build up in the body and become toxic.