



Instructor's Guide

MyPlate: Understanding the USDA Dietary Guidelines for Americans

INTRODUCTION

This Teacher's Guide will assist you in the teaching of *MyPlate: Understanding the USDA Dietary Guidelines for Americans*. The information provided here will help prepare students before the program and will also present follow-up activities to reinforce key learning points.

PROGRAM DESCRIPTION

With so many food options available to consumers, it's often difficult to figure out the best foods to put on our plates when building a healthy meal or maintaining a healthy lifestyle. And with a national imperative to reduce obesity in all age groups, this program is especially important in introducing students to the concept of MyPlate: the USDA's recommended dietary guidelines for balancing calories, increasing specified foods, and reducing certain other foods and food components. MyPlate replaces the well-known Food Pyramid with a graphic of a dinner plate to help make choosing the right foods in the right amounts easy: fruits, vegetables, whole grains, protein, and dairy. This program corresponds to USDA guidelines with sections devoted to specific food groups, food components, seasonings, beverages, and recommended portions. There is also a summary of how to build a plate of food to correlate with the MyPlate suggestions for healthy eating.

LEARNING OBJECTIVES

After viewing the program, students will be able to:

- Understand that poor food choices and lack of exercise contribute to or increase the chances of becoming obese.
- Understand that all age groups need to balance calories and engage in physical activity to prevent or reduce obesity and / or to maintain weight.
- See the need to reduce sodium intake and learn ways to do so.
- Understand the difference between good and bad fats; identify examples of each and realize the need to reduce saturated, solid, and trans fats.
- Identify the link between high cholesterol and risk of cardiovascular disease.
- Understand that added sugars in foods and sugary drinks are high in calories with little or no nutritional content.
- Identify foods that are major sources of nutrients and vitamins.
- Choose high-nutrition fruits and vegetables in USDA-recommended portions.
- Identify the difference between refined grains and whole grains.
- See the importance of choosing low-fat / fat-free milk and low-fat cheese to reduce sodium, cholesterol, and fat intake.
- Identify proteins along with recommended protein choices and portionsizes, including the types of seafood to choose.
- Build a plate of food that corresponds to the USDA suggested guidelines for providing the full range of essential nutrients and fiber without excessive calories.

PROGRAM OVERVIEW

Teens and young adults are probably the most image-conscious sector of society. Weight figures prominently in their self-image and in their assessment of others. Food is integral to nearly every type of activity enjoyed by or participated in by youth: parties, family get-togethers, school cafeteria meals, etc. This program will help students learn that poor eating habits contribute to obesity and increased incidence of maladies such as cardiovascular disease. It will also point out that easy-to-implement changes in diet (and exercise) will produce the desired results of inhibiting weight gain and maintaining or reducing weight. This program will introduce students to MyPlate: the healthy eating guidelines put forth by the USDA to replace the Food Pyramid and supply tips, guidelines, and specifics of how to eat healthy, nutritious meals.

MAIN TOPICS

Introduction to Program: *MyPlate: Understanding the USDA Dietary Guidelines for Americans*

Segment 1: Film Prelude

This segment introduces the video and explains the USDA's shift from MyPyramid to MyPlate for their food guidance infographic. It also explains that the USDA's complete Dietary Guidelines for Americans is detailed and about much more than what should go on your plate. The video will also cover many of these more specific recommendations.

Segment 2: Balancing Calories

This segment explains that when combined with physical activity, balancing calories (the balance between calories consumed and calories expended) will help maintain a healthy weight and prevent or reduce obesity. It indicates calorie needs for adult men, adult women, and children. Tips on reducing caloric intake are also provided.

Segment 3: Foods & Food Components to Reduce: Sodium

This section informs viewers that even though we all consume too much salt, it's not the salt we sprinkle on our food that does the damage; it's the high-sodium content in processed foods that's the culprit. Advice on who should reduce sodium intake, and how, is included.

Segment 4: Foods & Food Components to Reduce: Saturated, Solid, & Trans Fats

This part of the program teaches the differences between good fats and bad fats. It explains that solid fats make up a significant part of the calories we consume each day but without providing essential nutrients or fiber. Examples of solid fats are provided along with explanations and examples of saturated fats, unsaturated fats, polyunsaturated and monounsaturated fatty acids, and trans fats. Consumption guidelines and tips for replacing bad fats with good fats are included.

Segment 5: Foods & Food Components to Reduce: Cholesterol

This section educates viewers as to what cholesterol is, how the body uses it and where it's found in foods. It also provides USDA guidelines of daily consumption of dietary cholesterol.

Segment 6: Foods & Food Components to Reduce: Added Sugar & Sugary Drinks

This part of the program presents information about added sugars (maple syrup, honey, white or brown sugar, etc.) and explains that they're high in calories yet provide very little, if any, nutritional benefit. "Empty calories" is defined and examples are given. This section advises that canned sodas, energy drinks, and coffee drinks are loaded with things to avoid or cut out of our diets. The segment concludes with tips on moderating alcohol consumption and drinking more water.

Segment 7: Foods & Food Components to Increase: Fruits & Vegetables

This section presents a straightforward delivery of information on why the USDA recommends that you fill half your plate with fruits and vegetables, and the types of fruits and veggies that you should do it with. It points out that consuming low-calorie, high-nutrient fruits and veggies may ward off many diseases. Examples of the food choices that should be made are also provided.

Segment 8: Foods & Food Components to Increase: Whole Grains

This part of the program discusses whole grains, the nutrients and dietary fiber they provide, and suggests examples to incorporate into daily diets. It defines refined and enriched grains and gives tips on how to identify and select whole grains.

Segment 9: Foods & Nutrients to Increase: Low-Fat Milk

This segment teaches viewers that fat-free or low-fat milk and cheese provide the same nutrients, vitamins, and calcium that full-fat milk and cheese do, but with less sodium, fat, and calories.

Segment 10: Pick Your Protein Wisely

This part deals with proteins: what they are, what to choose, and how much protein to add or subtract from your diet. It also features a brief discussion of the mercury content in certain types of seafood.

Segment 11: Using MyPlate for Healthy Eating

This section defines a healthy eating pattern and provides a synopsis of the main USDA dietary guidelines concerning fruits, vegetables, whole grains, low-fat milk, and proteins.

FAST FACTS

- Poor diet and physical inactivity are the primary contributors to an epidemic of overweight and obesity in this country. Prevent or reduce these conditions through improved eating and more physical activity.
- Cardiovascular disease, hypertension, diabetes, cancer, and osteoporosis are diet-related chronic diseases that can be remedied, at least in part, or avoided altogether, by making better food choices as recommended by the USDA Dietary Guidelines for Americans.
- The first step toward balancing your calories is to enjoy your food, but eat less of it—avoid oversized portions.
- When searching for foods to increase in your diet, make half your plate fruits and vegetables—choose veggies that are rich in color: red, orange or dark green—they're full of vitamins and minerals.
- Frozen vegetables are just as nutritious as fresh, so stock up on your favorites from the frozen food aisle.
- People who eat more fruit and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide vital nutrients, such as potassium, vitamin C and folic acid.
- Most fruits are naturally low in fat, sodium, and calories, so eat up, especially fresh whole or cut up fruit, which provides dietary fiber.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product and all grains are divided into two sub-groups: whole and refined grains—choose whole grains every chance you get.
- The USDA recommends that you make at least half your grains whole grains. Part of getting to that goal is to skip the white bread and choose 100% whole wheat bread instead.
- Good news: Popcorn is a whole grain and if you munch it up with little or no added salt or butter, it's a great-tasting and healthy snack!
- Don't be fooled by labels on food products that read "multi-grain," "stone-ground" or "bran." They may not contain any whole grain at all. Check the ingredient list and look for words such as "whole wheat," "brown rice," "oatmeal," etc.
- When the USDA designates "dairy," it refers to milk, yogurt, cheese, and fortified soymilk. These foods provide calcium, vitamin D, potassium, protein, and other nutrients, but remember to keep your choices low-fat or fat-free to cut calories and saturated fat.
- Being lactose-intolerant means you can't drink regular milk, but it doesn't mean that you can't get a daily dose of calcium. Try lactose-free milk or soymilk, a soy beverage, and check the ingredient label to make sure you're getting about 300 mg. of calcium in each serving.
- Regular cream cheese, cream, and butter are not part of the USDA's recommended intake for dairy. These food products are high in saturated fat and have little or no calcium.

- Salt plays a major role in high blood pressure. Everyone should cut back on salt to less than 2,300 milligrams of sodium a day (about one teaspoon). African Americans or people suffering from high blood pressure, diabetes, or chronic kidney disease should further reduce sodium intake to 1,500 mg. per day.
- Check food labels to choose lower- or reduced-sodium products and cut down on ready-to-eat foods, such as canned chili and soups. Cut back on pizza and bacon, sausage, hot dogs, and deli meats, too.
- Soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium alternatives whenever possible.
- Be creative when getting your USDA-recommended three to six cups of fruits and vegetables each day: make a fruit smoothie; toss some veggies into your egg-white omelet; add fruit and raw vegetables to your salad or substitute whole or cut-up fruit for a baked-goods dessert.
- Drink water instead of sugary drinks to keep from ingesting 10 to 12 packets of sugar in a can of regular cola, for instance.
- Protein foods include meat, poultry, seafood, and eggs but did you know that beans, peas, soy products, nuts and seeds are also good sources of protein?
- Remember this tip: go lean with protein. And go small in portion-size, too. Most Americans, ages 9 and older, should eat 5 to 7 ounces of protein foods each day. One ounce of lean meat, poultry, or seafood (about the size of a deck of playing cards); one egg or one tablespoon of peanut butter constitutes a one-ounce serving of protein food.
- Take this delicious suggestion from the USDA: choose seafood twice a week as your protein. And feast on a variety of seafood that features healthful oils but is low in mercury, such as salmon, trout, and herring.
- Unsalted nuts or seeds make a yummy snack, go great in salads, and are a nice boost to your recommended daily requirements for protein.
- A smaller portion of meat may result in a smaller and healthier you. Make or order a smaller burger and go for the “petite” size steak.
- An egg a day is a good source of protein and, on average, doesn't increase your risk for heart disease since only the yolk contains cholesterol and saturated fat. Have as many egg whites as you want—they're good and good for you.

VOCABULARY TERMS

Added sugars—sugars, syrups and other caloric sweeteners that are added to foods during processing, preparation or consumed separately.

calorie balance—the balance between calories consumed through eating and drinking, and the calories expended through physical activity.

cardiovascular disease—diseases of the heart and the blood vessel system (arteries, capillaries, veins) within a person's entire body.

dietary cholesterol—found in foods of animal origin, including meat, seafood, poultry, eggs, and dairy products.

eating pattern—the combination of foods and beverages that make up your complete dietary intake over time.

monounsaturated fatty acids—sometimes referred to as MUFAs, these are fats that are found in nuts and vegetable oils.

nutrient dense—refers to foods and beverages that provide vitamins, minerals, and other substances that may have positive health effects.

oils—fats that are liquid at room temperature; some common oils include canola, corn, olive, peanut, safflower, soybean, and sunflower.

portion—the amount of food that you serve yourself in a meal. Some choose small portions; many others choose large portions, but according to USDA recommended guidelines, balanced portion sizes range from one ounce of protein (1 egg, for example) to one cup of dairy or vegetables at each meal.

protein—is a macronutrient that the body requires for growth, maintenance, and cell repair. We get it from protein-rich foods such as meat, poultry, seafood, eggs, cheese, and some beans, peas, nuts, and seeds.

refined grains—any grain product that is not a whole grain.

saturated fatty acids—these are fats that are solid at room temperature (such as hydrogenated shortening) and are also present in meat, milk / milk products, and coconut or palm oils.

seafood—fish such as salmon, tuna, and trout, and shellfish, including shrimp, crab, and oysters.

serving size—the amount of food (or portionsize) that the USDA recommends we follow for building healthy, balanced diets. It is also a standardized amount of food that is listed on the ingredient label of many foods to indicate the amount of sugars, sodium, etc. in each serving.

solid fats—fats that usually are not liquid at room temperature and are found in most animal foods such as lard, butter, cream, and cheese.

sugar-sweetened beverages—soda, fruit drinks, sports energy drinks, etc. that are sweetened with various forms of sugars that add empty calories.

trans fatty acids—fats that are found in most commercially prepared baked goods, snack foods, fried foods and margarine. Also found in some dairy products, beef, and lamb.

whole grains—grains and grain products made from the entire grain seed.

PRE-PROGRAM DISCUSSION QUESTIONS

1. Why do you think many Americans are overweight or even obese?
2. What kinds of foods is sodium found in and how does it affect the body?
3. Is it okay to drink soda and sports drinks on a regular basis?
4. How much fruit and vegetables should you eat at each meal?
5. What's the difference between refined grains and whole grains?
6. What are some good reasons to drink low-fat milk or eat low-fat cheese?

POST-PROGRAM DISCUSSION QUESTIONS

1. What are some of the research findings on why so many Americans have become saddled with a serious weight problem?
2. How do you determine the amount of sodium in foods and how many milligrams should your daily sodium intake level fall below?
3. What are added sugars and what are empty calories?
4. When building a meal, what kinds of fruits and vegetables should fill what proportion of your plate?
5. What proportion of your daily grains should be whole grains and how do you identify whole grains?
6. Does low-fat or no-fat milk provide any vitamins or nutrients?

GROUP ACTIVITIES

MyPlate x 3 + Snack

Divide the class into teams and a judging panel. Using paper plates and cups, each team will build (by drawing and writing on the plates/cups) three meals based on MyPlate guidelines for consuming fruits, vegetables, grains, protein, and dairy. Additionally, each team must suggest a healthful snack that is filling, provides energy, and meets USDA guidelines (no cheese puffs, for example). Plates will be labeled Breakfast, Lunch & Dinner. Once the plates are completed, each team will present their plates to the judging panel with an explanation of each plate. The judges will determine which team created the best meals based on serving sizes, portion control, nutrients, calories, sodium, whole grains, protein, dairy, low fat, low or no added sugars, etc.

Not on MyPlate!

Using the blackboard or a smartboard, the entire class participates with creating a list of popular (“bad”) food choices or food components, such as cheeseburgers for protein / dairy in a meal or buttered / salted popcorn for a snack. Once the bad foods are listed (10 or so), draw a line down the middle of the board to list MyPlate substitutes to the right of the bad food choices. Class members who contribute will tell why the bad item is bad and why the substituted item is good (or at least better).

INDIVIDUAL STUDENT PROJECTS

What's on Your Plate?

Each student will be asked to keep a three-day food diary by, writing down every food item that is consumed at each meal along with portion size and any add-ons (2 hot dogs w/ chili and cheese, for example). On the fourth day, class will discuss and analyze each others' food choices and make suggestions on how diets can be improved to fit within MyPlate suggested guidelines.

INTERNET ACTIVITIES

Ingredient Labels—You've Been Warned!

Use the Internet to research ingredient labels and/or nutrition facts for a few of your favorite foods or drinks (potato chips, soda, food-chain hamburgers, sports drinks, etc.). Take special note of the quantities of sodium, sugars, fats, etc. to determine if the calories and not-good-for-you stuff in these foods put them on the “okay to eat / drink once in a while” list or “should not eat / drink regularly—maybe never” list.

ASSESSMENT QUESTIONS

- Q 1: What food guide symbol has replaced the Food Pyramid and what are its five major components?
- Q 2: True or false: Obesity can affect you both physically and mentally.
- Q 3: The people who are most successful at maintaining a healthy weight are those who
 - a) make informed food choices
 - b) balance their calories
 - c) lead an active lifestyle
 - d) all of the above
- Q 4: True or false: It's impossible to avoid becoming obese if your parents are obese.
- Q 5: You should reduce your sodium intake to 1,500 mg. or less per day if you're
 - a) African American
 - b) are 51 or older
 - c) have hypertension, diabetes, or chronic kidney disease
 - d) all of the above
- Q 6: Name some examples of solid fats.
- Q 7: True or false: It doesn't matter if you consume good or bad fats as long as you don't consume an abundance of them.
- Q 8: True or false: "Empty calories" means you won't gain weight from them.
- Q 9: Vegetables and fruits are major sources of
 - a) folate
 - b) potassium
 - c) vitamins A, C, and K
 - d) all of the above
- Q 10: True or False: Low-fat milk doesn't have any vitamins or calcium in it like regular milk does.

ASSESSMENT QUESTIONS ANSWER KEY

Q 1: What food guide symbol has replaced the Food Pyramid and what are its five major components?

A 1: **MyPlate: Fruits, Vegetables, Protein, Grains, and Dairy**

A 1 **Feedback:** MyPlate is a new generation icon for dietary guidelines established by the USDA to help consumers make healthier food choices. It recommends specific food groups and food components to reduce and increase, and points out that, combined with physical activity, Americans can reduce or prevent obesity.

Q 2: True or false: Obesity can affect you both physically and mentally.

A 2: **True**

A 2 **Feedback:** Obesity can contribute to many diseases, especially cardiovascular disease. It can lead to diabetes and raise the risk of heart attack, stroke, and kidney disease. Many obese people also suffer from depression and low self-esteem.

Q 3: The people who are most successful at maintaining a healthy weight are those who

- a) make informed food choices
- b) balance their calories
- c) lead an active lifestyle
- d) all of the above

A 3: **d) all of the above**

A 3 **Feedback:** Reducing or maintaining a healthy weight can be accomplished by making food choices that are in line with the USDA Dietary Guidelines for Americans and balancing calorie intake with physical activity.

Q 4: True or false: It's impossible to avoid becoming obese if your parents are obese.

A 4: **False**

A 4 **Feedback:** While genetics will play a role in many physical characteristics, it does not doom you to obesity. Healthy food choices and exercise play the major role in preventing obesity.

Q 5: You should reduce your sodium intake to 1,500 mg. or less per day if you're

- a) African American
- b) are 51 or older
- c) have hypertension, diabetes or chronic kidney disease
- d) all of the above

A 5: **d) all of the above**

A 5 **Feedback:** These groups of people have increased risk of ill effects from too much sodium and are advised to use low-sodium products, eat more fresh foods and fewer processed foods, and use little or no salt when cooking, along with substituting spices for salt.

Q 6: Name some examples of solid fats.

A 6: **Butter, margarine and lard, along with beef, chicken, and pork fat**

A 6 **Feedback:** Solid fats are abundant in food products such as cheese, cream, baked goods, and many popular cuts of meat. When cooking at home, avoid using solid fats and instead use oils such as canola, olive, or safflower.

Q 7: True or false: It doesn't matter if you consume good or bad fats as long as you don't consume an abundance of them.

A 7: **False**

A 7 **Feedback:** Saturated fats are bad fats. They're found in full-fat cheese, grain-based desserts, and fatty meat products. Good fats are unsaturated fats, like the kind you'll get in fish and soybean oil. The USDA recommends that you get less than 10 percent of daily calories from saturated fat and, whenever possible, replace saturated fat with unsaturated fat (olive oil for cooking instead of butter, for example).

Q 8: True or false: "Empty calories" means you won't gain weight from them.

A 8: **False**

A 8 **Feedback:** It practically means the opposite. Empty calories are found in foods / drinks that have high calories and very little or no nutritional value. And these types of foods usually cause weight gain. White bread and canned sodas are prime examples of empty calories.

Q 9: Vegetables and fruits are major sources of

- a) folate
- b) potassium
- c) vitamins A, C, and K
- d) all of the above

A 9: **d) all of the above**

A 9 **Feedback:** Not only are fruits and vegetables loaded with plenty of nutrients and vitamins, they also are usually relatively low in calories when prepared or eaten without added fats or sugars.

Q 10: True or False: Low-fat milk doesn't have any vitamins or calcium in it like regular milk does.

A 10: **False**

A 10 **Feedback:** All milks, including low-fat, no-fat, lactose-free, lactose-reduced, and fortified soy beverages, provide nutrients and vitamins. Plus, fat-free and low-fat milk provide as much calcium as full-fat choices but with less fat and calories!

ONLINE RESOURCES

- www.ChooseMyPlate.gov
- www.nutrition.gov
- www.USDA.gov
- Dietary fats—www.mayoclinic.com
- Added sugars—www.hsph.harvard.edu/nutritionsource
- Sodium smart – American Heart Association—www.heart.org
- Disease-prevention—www.healthchecksyste.ms.com
- Nutrient food sources—www.nutristrategy.com
- Whole grains—www.wholegrainscouncil.org
- Milk / dairy products—www.gotmilk.com
- Benefits of vegetables / fruits—www.fruitsandveggiesmatter.gov

ADDITIONAL INFOBASE LEARNING RESOURCES

Healthy Eating: A Guide to Nutrition

Aligned with the 2011 USDA Dietary Guidelines for Americans and the new “MyPlate” food guidance logo! In an age of fad diets, ultra-processed foods, body image issues, and rampant obesity, clichés like “You are what you eat” just aren’t enough to educate teens about smart eating. This five-part series explores food-related issues with the energy, complexity, and engagement needed to reach today’s young adults. Using eye-catching animation sequences and commentary from nutritionists, dieticians, and trainers, the series conveys detailed, real-world knowledge about basic nutrition, weight management, physical fitness, eating disorders, and food safety. Viewable/printable instructor’s guides are available online. A Meridian Production. 5-part series, 25 minutes each.

The Series Includes: Basic Nutrition • Nutrition and Weight Management • Nutrition for Sports and Exercise • Nutrition and Eating Disorders • Food Safety and Disease Prevention

Item: 42027

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DVD (chaptered) ISBN 978-1-61733-284-5

All About Nutrients

Depriving the human body of proper nutrition is like taking away a car’s gasoline—as well as its steel, aluminum, rubber, and upholstery. This program explores the function and importance of nutrients, explaining why we need a balanced food intake and illustrating the health problems that result when we don’t eat properly. Viewers learn about a wide variety of necessary vitamins and minerals and encounter diet-related illnesses that result from inadequate quantities of some foods and their associated nutrients. The consequences of consuming too much of some food types are also explored in detail. (24 minutes)

Item: 41120

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DVD (chaptered) ISBN 978-1-61616-713-4

A Scientific Look at Nutrition

What happens to the food we eat, and how does it benefit the body? This video illustrates how the six essential nutrient classes—carbohydrates, proteins, amino acids, vitamins, minerals, and water—function. It also explains mechanical and chemical digestion, the expenditure of energy, and the process of metabolism, a collection of chemical reactions that convert the fuel in food into the energy needed to power everything we do. Viewable/printable educational resources are available online. Not available for preview. (23 minutes)

Item: 40447

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DVD (chaptered) ISBN 978-1-59535-994-0

Food and Obesity: What We Eat

We live in a world of diet best-sellers and state-of-the-art gyms. Why, then, is obesity on the increase? This program explores a glaring paradox in North America's food-obsessed culture—that our knowledge of nutrition has never been better, while our collective health has never been worse. Viewers will gain an understanding of what food means to us socially and psychologically, as well as how the media influence our eating habits. The program also examines organic foods, diabetes, and the value of vegetables, while a family of modest means is profiled in order to show the real-world challenges of healthy eating. TV chef Michael Bonacini, historian Harvey Levenstein, and FoodShare director Debbie Field add incisive commentary. (46 minutes)

Item 37480

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DVD ISBN 978-1-4213-7634-9

Project Nutrition for Life

This video follows a group of middle-schoolers as they embark on a school project that's all about making healthy food choices. By focusing on how to use the USDA's MyPyramid, how foods affect the body, and how to use food labels to make healthy choices, Project Nutrition for Life shows that good nutrition is a lifelong project. Viewable/printable educational resources are available online. (15 minutes)

Item 41235

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DVD ISBN 978-1-61616-779-0

All About Fat

Saturated, unsaturated, partially hydrogenated—with so many different ways to classify fat, nutrition instructors face an uphill battle explaining them all. This video helps teachers and students sort through fat-related terms and concepts while building strategies for reducing the amount of dangerous fats in meals. Offering straightforward guidance on calories, cholesterol, triglycerides, and omega-3 and omega-6 fatty acids, the program also discusses the benefits of fish over other meats and soft or tub margarine over hardened margarine and butter. Specific meal preparation tips will show viewers the path toward health-conscious cooking and eating. Not available for preview. (19 minutes)

Item: 37400

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DVD (chaptered) ISBN 978-1-4213-7304-1

Health News and Interviews

This collection of 16 video clips (1 minute to 2 minutes 30 seconds each) takes a close look at nutrition and obesity. Topics range from the benefits of organic farming, to similarities between hunger and drug cravings, to links between vegetables and healthy vision, nutrients and memory, genes and body fat storage, and race and hereditary conditions. (24 minutes)

Video clips include:

Nutrition

- Purely Organic
- Food Cravings
- Nonfattening Sweeteners
- Food for Your Eyes
- Vitamin A and Learning
- Addicted to Food

Obesity

- No Anti-fat Bullet
- Infectious Obesity
- Obesity and the Brain
- Obesity and Neurology
- Your Brain on Food
- Ancestry and Obesity
- Couch Potatoes
- Fat Food Fables
- Big Belly Genes
- Gene Therapy and Obesity

Item: [37382](#)

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DVD (chaptered) ISBN 978-1-4213-7840-4

Obesity in a Bottle: Understanding Liquid Calories and Nutrition

A soda or sugary juice drink—that's how most teenagers satisfy thirst. Help them make healthier choices with this entertaining, information-packed video. It uses a fast-paced, teen-friendly format to address the enormous role that beverages play in America's growing obesity problem. Topics covered include the effect of beverages on weight gain, beverage size, the dangers of both regular and diet sodas, a comparison of sports and energy drinks, a nutritional breakdown of other popular beverages, the benefits of drinking water, and growing concern over diabetes. Gatorade, Red Bull, Full Throttle, Rumba, Monster, Vitamin Water, and a variety of bottled teas are featured. Viewable/printable educational resources are available online. (21 minutes)

Item: [41223](#)

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DVD ISBN 978-1-61616-767-7

Obesity in a Bottle 2: How to Pick Healthy Beverages

There's a good reason that canned and bottled beverages are called liquid candy—and that term is not reserved for soda pop alone. Vitamin-enhanced waters, teas, and juices are loaded with empty calories from sugar, adding inches to Americans' waistlines and possibly contributing to rising rates of chronic disease. In this program registered dietician Susan Moores presents five segments that offer suggestions for beverage selections, including picking healthy drinks, choosing drinks for kids, selecting drinks for sports and athletic performance, low calorie drinks, and the pros and cons of caffeine. Lipton Green Tea, Arizona Iced Tea, Odwalla Protein Drink, Vitamin Water, and other popular beverages are featured. A viewable/printable worksheet is available online. (26 minutes)

Item: 44030

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DVD (chaptered) ISBN 978-1-61733-875-5

Diet: A Look at Processed Food, Nutrition, and Obesity in the 20th Century

Attitudes about the industrialization of food have changed greatly over the past several decades. What used to be considered a scientific miracle now seems like a horrific joke: piglets being reared in incubators that look like tiny iron lungs; fish raised in tanks of runoff water—and growing at a remarkable rate! —from a nuclear power plant. These scenarios and more are presented in *Diet* as it traces the rise and fall of processed food, from a promising cure for malnourishment to eventually being linked to obesity, heart disease, and cancer. Using archival footage from BBC's *Horizon* television series, the program also reviews 20th-century theories about the cause of obesity, and the diets and “miracle cures” designed to combat weight gain. Original BBC title: *Diet: A Horizon Guide*. (52 minutes)

Item: 43516

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DVD (chaptered) ISBN 978-1-61733-543-3

Eat to Win: Nutrition for Athletes

This Telly Award-winning video dispels ten common myths about eating and sports training, setting the record straight on calories, carbs, protein, hydration, and how to eat for maximum muscle-building and performance. Using a Q&A-style format, *Eat to Win* eliminates confusion about dieting, under-eating, body image, energy bars and drinks, carbo-loading, caffeine, fruit juices, and how the human body stores energy. Specific guidance using www.MyPyramid.gov is featured. Viewable/printable educational resources are available online. (21 minutes)

Item: 41211

Copyright © 2005

DVD ISBN 978-1-61616-755-4

Fast-Food Nutrition

Fast food often gets a bad rap—and for good reason! High amounts of saturated fat, trans fat, sugar, and sodium, plus a lack of fruits and vegetables, make most fast foods a great choice for flavor but a questionable choice in terms of nutrition. In this video, Rickey and Genevieve explore the world of fast food with humor as they help viewers learn how to make the healthiest choices when eating on the go at fast-food restaurants. Viewable/printable educational resources are available online. (16 minutes)

Item: 41258

Copyright © 2009

DVD ISBN 978-1-61616-802-5

More Fries with That?

Obesity is a widely discussed issue, and yet one of its principal causes—fast food consumption—shows no sign of going away. This program explores the popularity of convenience meals and the growing health and social concerns associated with them. Viewers learn about direct links between high-fat, high-sugar, highly processed foods and severe physiological problems as well as socioeconomic challenges. In addition, the video investigates a number of lifestyle factors that influence diet, including long work days or study sessions, high-tech entertainment and communication, and an overall rise in the pace of living. Viewable/printable educational resources are available online. (27 minutes)

Item 42228

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DVD (chaptered) ISBN 978-1-61733-226-5

Nutrition Controversies

Depending on who's doing the talking, the messages about food and nutrition that students hear can be confusing and even outright contradictory. In this video, the host and two teens take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more. An entertaining and enlightening video! Viewable/printable educational resources are available online. (23 minutes)

Item: 41266

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DVD ISBN 978-1-61616-810-0

Diet-Related Disorders: Type 2 Diabetes, Obesity, and Celiac Disease

This program examines three common diet-related disorders and their relationship to what people eat and drink. The causes, characteristics, and treatment of obesity, type 2 diabetes, and celiac disease are discussed, along with strategies for their prevention. With an emphasis on breakfast, snacks, and gluten-free alternatives, students will learn how to eat without reaching for convenience foods, and that using a “traffic light” approach allows for the occasional treat. Balancing exercise with computer time is urged. An on-screen summary at the end of each segment makes this video an especially effective teaching tool. Viewable/printable educational resources are available online. (26 minutes)

Item: 42223

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DVD (chaptered) ISBN 978-1-61733-207-4

Smart Nutrition

In a world of countless food choices, it can be challenging to know what teens should and shouldn't eat. In this video, the host and two teens set viewers straight about breakfast, body image, portion size, physical activity, beverages, the importance of fruits and vegetables, significant nutrients, late-night snacking, vegetarian diets, and acne. Viewable/printable educational resources are available online. (21 minutes)

Item: 41265

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MyPlate: Understanding the USDA Dietary Guidelines for Americans

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