



Healthy way of life

Main issues about healthy eating and physical activity

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Cardiff, 17-18 March 2009

Content Workshop

**Nutrition, Fruit and Vegetables, Calories, Fat... all over magazines, on the news, in school...
Why is such a big deal?**

We need nutrition from foods and drinks to fuel our bodies. The kind and amount of food we give our bodies can directly affect how we look and feel. With the best (most nutritious) fuel, in the right amount, we're ready and able to do all the stuff we have to do, and all the fun stuff we love to do.



**A healthy eating style is about fueling
your body in a healthy way**



The world makes it a little complicated. As many regular people struggle with weight, the media shows super skinny women and buff guys, and hints that being thin or really muscular makes people happy and popular.



Add to all this the fact that eating is sometimes about more than just fuelling our bodies—like when families cook up a huge meal to celebrate, or when some people eat because they feel sad!

Teaching consumers to make wise food choices in the context of the total diet is not a simple process.

Depending on the audience and the situation, a variety of nutrition information, communication, promotion, and education strategies may be needed for an appropriate and effective nutrition intervention.

It may be necessary to suggest a change to a more healthful lifestyle in terms of small steps that can lead to a broader success in improving both fitness and the quality of the diet.



Eating habits start developing from the age of 2 onwards.

In general, the period between 2 and 6 years of age is the one most prone to factors capable of changing eating habits, for good or for bad.

Therefore, from 6 onwards, their habits are almost “forever”, and more difficult to change.

If we are able to make them realize that:

- Each food matters, and none is “good” or “bad”
- It is important to eat everything “with gusto”, but in moderation
- Physical activity and wellbeing are strictly related

... we have done half of the job!!!

What is a healthy diet?

Eating a healthy diet means giving to the body the type and amount of foods and drinks that help to look and feel at your best.

When you give to the body what it needs (like vitamins, minerals, protein), it uses that great stuff to give you lots in return, like energy, powerful muscles, and strong bones.

Healthy eating is like a puzzle. There can be a place for everything, but nothing to skip completely, in order to have a balanced lifestyle.

If you're thinking that you cannot have soda, corn chips, or chocolate cake, don't worry! These foods can fit into the puzzle.

Some foods (like sodas, potato chips, chocolate cake, and more....) can pack a lot of calories, fat, sugar, and/or salt. It's true. But.....



... if you usually follow a balanced healthy diet, every now and then you can surely indulge yourself.

We can summarize the main issues of children nutrition education in 5 rules :

- 1) Move yourself and check your weight !
- 2) Eat plenty of fruit and vegetables
- 3) Have your breakfast every day
- 4) Vary your food
- 5) Do not eat too many sweet things and beverages

Eat well , burn well: whether energy comes or goes matters

Our body needs a balance between intakes and expenditures:
Energy coming from foods will be used both for living and for every day activities.

If we are very active, we need more energy to “move”

If we overeat and we don't “move” enough, our intakes will become “fat”.



**It is of utter importance to keep an eye on the calories,
but also to lead a healthy, active lifestyle**

For how long do we need to exercise to burn what we have just eaten?

Food	Quantity (g)	Energy (Kcal)	Standing still(min)	walking (4 km/h- min)	Ironing (min)	Cycling (22 km/h- min)
2-4 biscuits	20	83	75	28	21	7
1 jam snack	35	125	114	42	32	11
1 croissant	40	164	149	55	42	15
Pasta and beans	350	300	273	100	77	27
Ice cream	150	330	300	110	85	30

Children look up to parents and learn from them.

Many children, just as adults do, lead a quite sedentary lifestyle and don't move enough.



Activities carried out in gyms or sport centers are not enough to teach our children the importance of physical activity.

They should do the stairs, walk to school (and everywhere they need to go), do every playground activity they like (football, dancing, running, etc...).

These activities are costless but indeed priceless in order to drive them to an active lifestyle.

Children learn from parents, so parents should be the first to give a good example

Therefore...

... kids who aren't very active simply need to eat less food than kids who are very active.

And, furthermore...

It is better to split the daily food intake in 5 times: breakfast, mid morning snack, lunch, afternoon snack, dinner.

Hunger-break appointments, during the day, allow the children not to have an empty stomach, or not to be too starving.

They are also useful to prevent them from nibbling continuously, uptaking more food than they need.

Repetita iuvant

Our weight represents an “energy assessment” of inbound and outbound calories.

Energy is supplied by aliments and is used by our body either when we are asleep (to keep functioning organs as brain, lungs, heart etc.) or during physical activity (in order to sustain muscular activity).

If we gain more energy than what we are able to consume, the excess accumulates in the body as fat which determines a weight gain both in adults and in children.

If, instead, the opposite happens, the body utilizes its reserve of fat in order to answer the energy request.



Too much body fat is a danger for the health mainly because can cause the insurgence of some diseases (coronary hearth disease, diabetes, some kind of cancers), wheezes (nocturnal apnoea) and due to the consequences provoked to the articulation by the weight excess (vertebral column, knees, hips etc.).

The greater the excess of weight
the higher the risks taken.

Inverse problem can be considered excessive thinness.

Nowadays we see an increase of this kind of problem especially in the youngest share of the population because of the role model suggested by the media.



Sometimes the attempt to emulate those models brings the individual to reduce the weight in such a way that this is not compatible anymore with a good health.

In fact, when the body burns all the fat and can not gain any energy from food, it is forced to use the muscles and internal organs one.

HOW TO KEEP YOUR WEIGHT IN THE RIGHT RANGE

Caring about the weight is something that starts in childhood as one obese child has good chances to be obese also in his/her adult life.

The evaluation of the body weight is calculated on the basis of the Body Mass Index (BMI) which considers the weight and the height of an individual (the link is between weight in kilos and height in metres to the square).

$$\text{IMC} = \text{Weight (Kg)} : \text{height (m.)} : \text{height (m.)}$$

$$18,5 > \text{IMC} < 25$$

UNDERWEIGHT

OVERWEIGHT

EXAMPLE:

a man of 80kg and 1,85 tall will have a BMI=80:1,85:1,85=23,4
so his weight is normal

Something interesting...

The presence of other people at a meal can either increase or decrease intake, depending upon factors such as the familiarity and gender of the dining companions.

For example, it is known that people generally eat more in the company of others than when alone, although social facilitation of eating has been reported to be stronger among friends and relatives than among strangers.

Furthermore, eating can be inhibited in the presence of others compared to eating alone if an accompanying diner is of the opposite sex and considered attractive

and...

Positive correlations between body fatness and television watching in children and adults have been reported and may be related to both increased food intake while watching TV and decreased energy expenditure

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"Eat your fruits and vegetables"

You've heard this statement since childhood.

Research shows **why** it is good advice:

- Healthy diets rich in fruit and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.



Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

And it is not a single one of these, to be important. They are all of them that give you the benefit we're talking about.

To get a healthy variety, just think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients. Some examples include green spinach, black beans, yellow corn, purple plums, red watermelon, and white onions.



Diets high in a variety of fruits and vegetables appear to decrease the risk of cancer and cardiovascular diseases . Nevertheless, in most Western countries, most children eat less than the recommended amount of fruit

At least **5** servings of fruit and vegetables are recommended every day. Better more.

It's easy...

Fruits at breakfast,
as snack in the morning or in the afternoon,
to conclude lunch and dinner.

Vegetables at every meal.

Research says that...

As the percentage of fruit/vegetables purchased by parent increases, the child are more likely to taste all of the fruit/vegetables offered to him/her.

But...

Exposure to a variety of fruits promotes fruit acceptance, but not vegetable acceptance. Thus foods do not all carry the same potential for being accepted by children, the acceptance of green vegetables being more difficult to promote than that of orange vegetables.

However, even initially disliked, vegetables can be accepted after repeated exposure

Then...

Don't stop offering fruit and vegetables to your children!

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Breakfast is the most important meal of the day, yet it is the meal most often missed.

It's important to fill the "empty tank" with breakfast every morning.

We lack of energy from the dinner of the day before.

Breakfast gives us that first burst of energy we need.



Regular breakfast consumption can have positive health benefits. It is important to overall dietary quality and nutritional adequacy in school aged children.

Breakfast skipping can interfere with cognition and learning among children

Moreover, children who report eating breakfast on a regular basis tend to have better nutritional profiles than their breakfast skipping peers

But...

... young people are more likely to miss breakfast than any other meal .

Some curiosity...

Breakfast skipping among young people has been shown to be associated with an increased likelihood of being overweight or obese, whereas breakfast consumption has been shown to be associated with a lower body mass index (BMI)

Parental eating behaviours is positively associated with both unhealthy and healthy dietary behaviours of children and adolescents. For example, parental breakfast eating is positively associated with adolescent's breakfast consumption...

...but breakfast among young people may be difficult for those from single-parent families where the parent is also in employment (i.e. little time to shop and prepare healthy foods).

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Every day, even only to live, our body needs proteins, lipids, carbohydrates, water, vitamins, minerals, and a lot of other compounds.

The only way to get all of these substances is having a varied and balanced diet.

A “complete” food does not exist.

In fact, no food contains all we need and in the right quantity. Therefore, the best way to provide all we need is combining food of different types.

Plenty of fruit and vegetables, the most of the calories from cereals and potatoes, less proteins and from different sources (meat, fish, eggs, pods and cheese), a few fats, oils and sweets.
Milk and yogurt every day.

Beyond this nutritional dimension, food variety also contributes to the psychological dimension of eating, since variety, both within and between meals, contributes to the pleasure of eating.

Furthermore, food variety (not only type of food, but even brand and origin) will help us to avoid contamination from toxic compound that can naturally be in some food

And...

Consumers and educators preferred dietary guidance that enables consumers to eat in a way that suits their individual tastes and lifestyles .

In this way, they can avoid to uptake too many compounds of some types, or not enough of others; furthermore, they can balance a small amount of low-nutrient or high-energy-density food or beverage (eg, fried food, butter/margarine, jelly, alcohol) with nutrient dense, healthy foods (vegetables, whole grains, etc...) to achieve an overall healthful dietary pattern

Last, but not least...

Nutrition labels are a tool that consumers can use to choose and compare foods.

Even food and nutrition professionals have found the label to be an effective educational tool that helps consumers plan their diets.

For example, 48% of respondents to a survey reported that they had changed their minds about buying or using a food product after reading the nutrition label

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Sweets are of different types.

Many of them (like candies, bars, jams, spreads, chocolate, and many carbonated beverages) contain only sugar or sugar and fat: therefore they give us only kcalories and a few essential nutrients.



Better bakery products, such as biscuits and cakes without custards.

Containing also flour and eggs, they are a really nutrient option!!

The rule is always the same

Don't eat too much of one thing.

You can still enjoy the burgers, fries, and ice cream. But, make sure you eat a variety of foods—that includes dairy, whole grains, and fruits and vegetables.

Remembering that:

- Each food matters, and none is “good” or “bad”
- It is important to eat everything “with gusto”, but in moderation
- Physical activity and wellbeing are strictly related



Thank you!

This presentation arises from the project ACTIVE which has received funding from the European Union, in the framework of the Health Programme

