girl scouts of eastern pennsylvania

G.I.R.L.
go-getter / innovator / risk-taker / leader

Eating For You!

Girl Scouts *at home*

As we wait for everyone to join, type the most unique fruit or vegetable you can think of in the chat box!

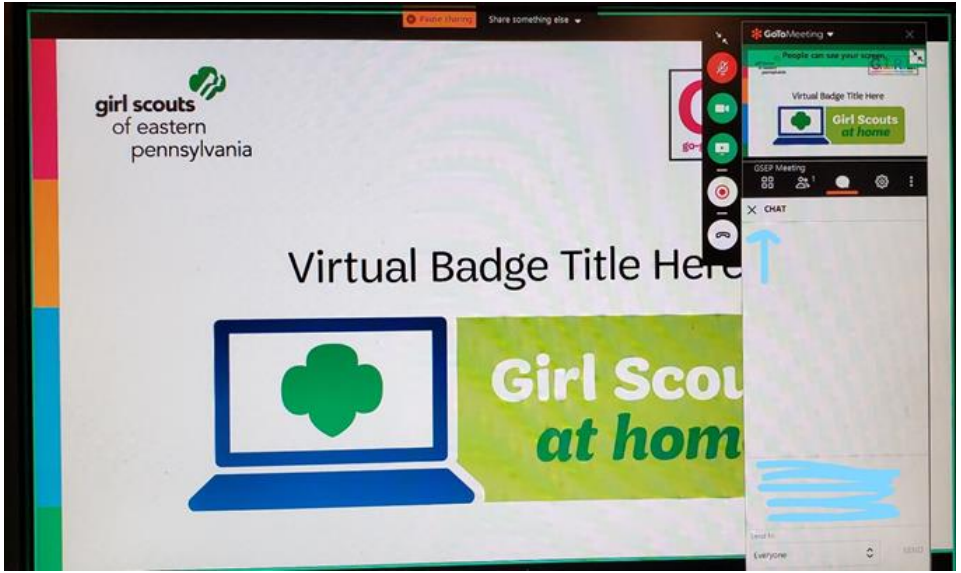
How will this Virtual Troop Meeting work?

•On the right side of your screen, there is a control panel. You should see a microphone, a video camera and a chat bubble.

•When we sing together, you will want to click on your microphone so it is green. Then everyone will be able to hear you.

•If you have a webcam, clicking on it will let everyone else in the meeting see you too.

• The Chat Log looks like a cartoon thought bubble…see it underlined in red? You can type questions or comments into the chat log and everyone will be able to see what you write!



Girl Scout Promise and Law

The Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority
use resources wisely,
make the world a better place, and
be a sister to every girl scout

Eating for You Badge

Find out how eating well can help you both inside and out.

Requirements

1. Know how good nutrition helps your body stay healthy
2. Find out how what you eat affects your skin
3. Explore how your diet affects your stress level
4. Investigate how the food you eat affects your sleep
5. Look at how your diet affects your energy

When you've earned this badge, you'll know how to eat your way to a healthy mood, mind, and body.

Supplies & Materials Needed

Paper (White or Construction paper)

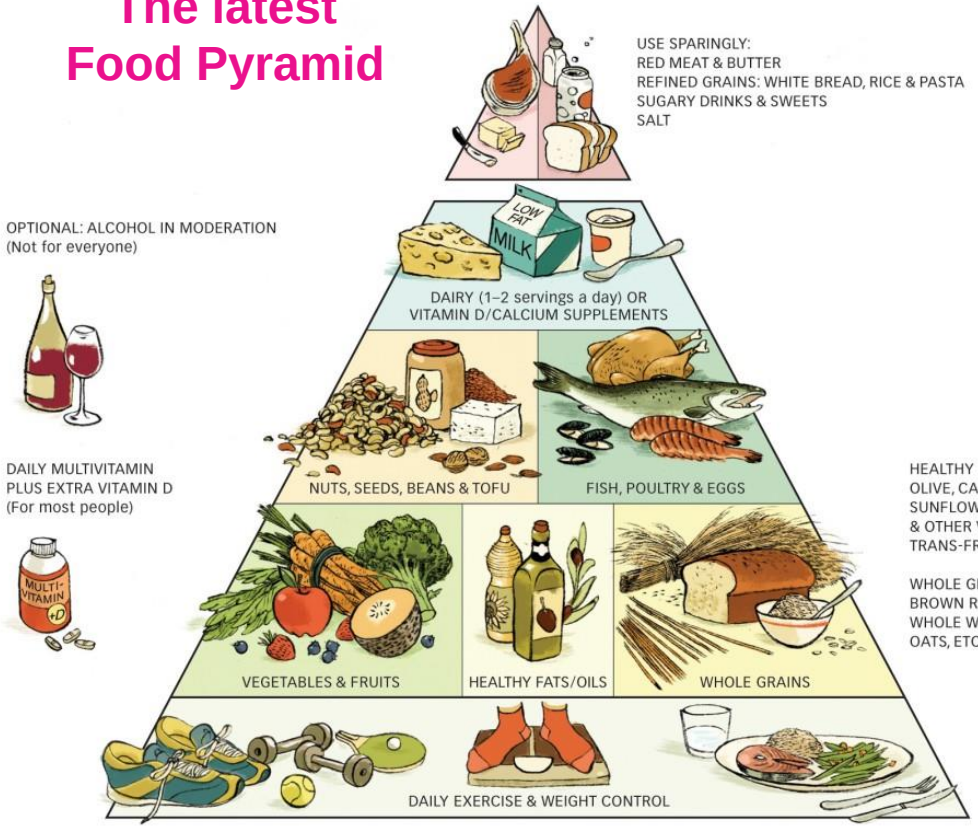
Pencil

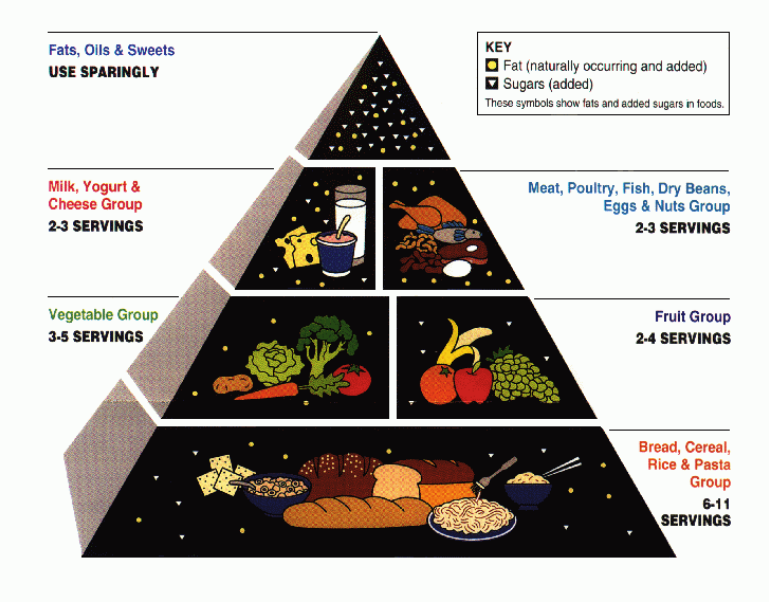
Crayons/Markers

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

The latest Food Pyramid





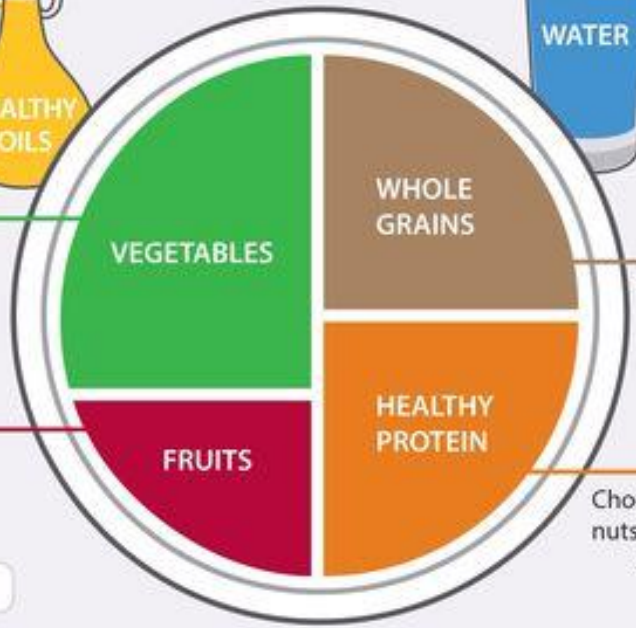
Outdated Food Pyramid

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

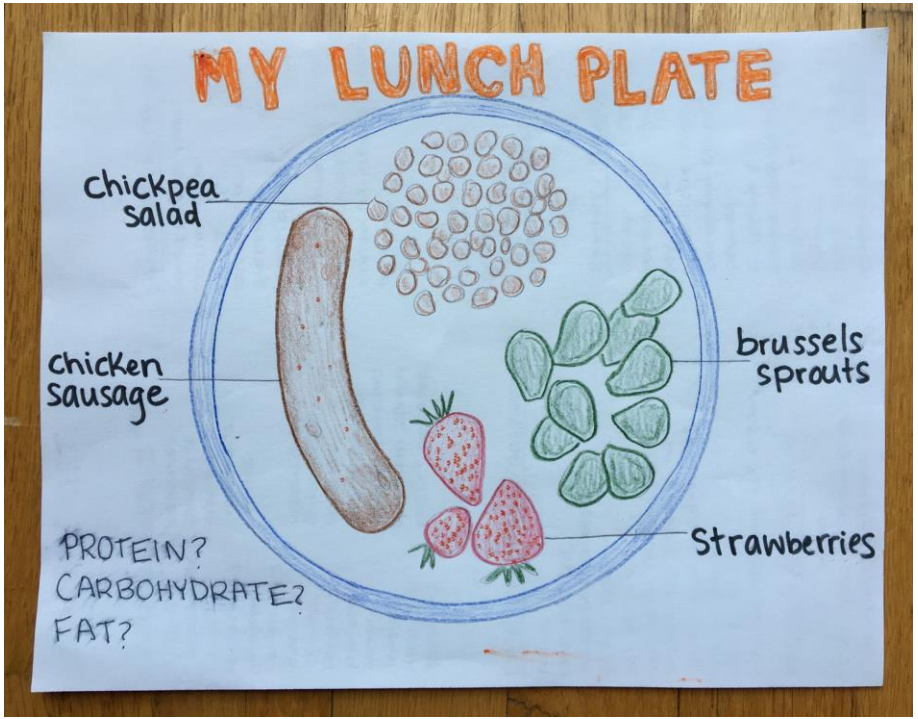
Activity! What's On Your Plate?

Let's see how much you know about the nutrients on your plate!

1. Draw your plate and what you had for breakfast or lunch today!

1. Now, label the components of your meal:
   a. Protein?
   b. Carbohydrate?
   c. Fat?

1. Let's share with the group!



Understanding Labels

“Natural” does NOT automatically mean healthy! According to the USDA, natural just means no artificial ingredients and minimally processed.

Serving size! Often, a snack will have 2 or 2.5 servings in the container and eating the entire thing could be a calorie and sugar whopper!

“Low Fat” also does not necessarily mean healthy! When fat is removed, it is a often replaced with even more salt and sugar.

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on all packaged foods and beverages

Use it to compare foods!

Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; **100** calories per serving is moderate.

Calories

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving! If you eat multiple servings – you're getting "multiples" on calories and nutrients, too.

Serving Size & Servings Per Container

2SERVINGS=CALORIESX2

Nutrition Facts

Serving Size 1 package (272g)
Servings Per Container 1

Amount Per Serving	
Calories 300	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**9%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 430mg	**18%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 6g	**25%**
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%

* 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
Saturated 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

Nutrients

Nutrients To Get More Of

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

Nutrients To Get Less Of

Get less than 100% DV of these:

- Cholesterol
- Saturated Fat
- Sodium

TIP Sugars and *Trans* Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- fruits and vegetables
- whole grains
- fat-free or low-fat milk/ milk products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

%DV

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

5% DV or less per serving is low

20% DV or more per serving is high

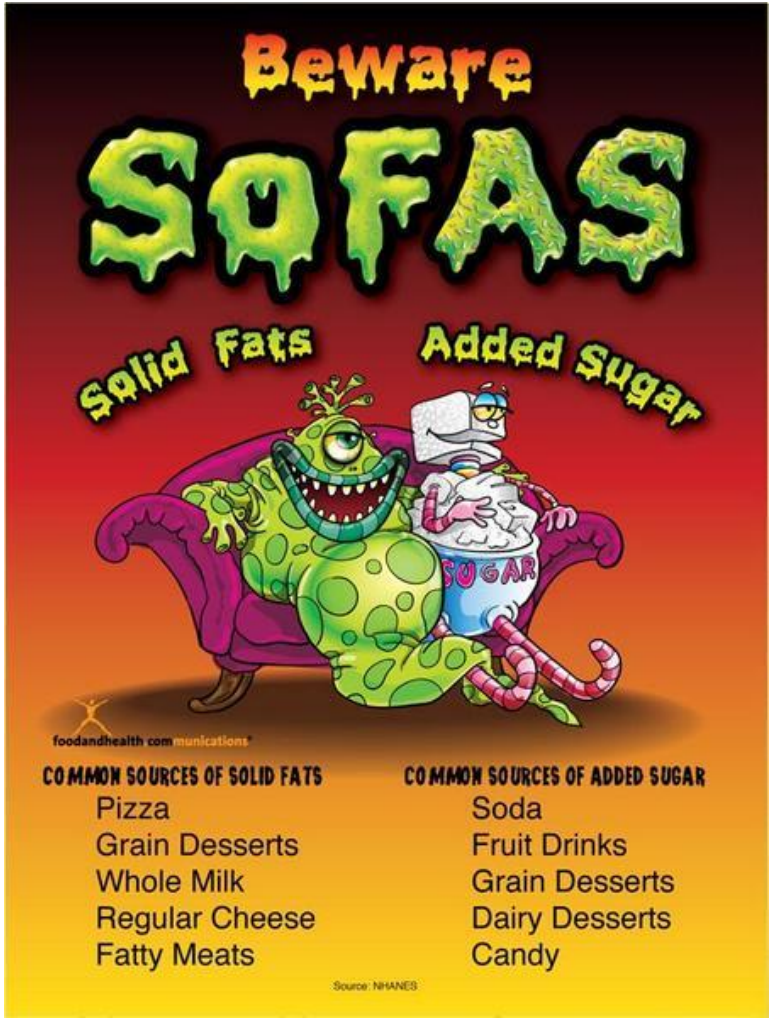
%DV is based on **"Daily Values"** – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

Nutrition Facts
Read the Label

FDA

www.fda.gov/nutritioneducation

Percent Daily Values on the **Nutrition Facts Label** are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit **www.choosemyplate.gov** to find your caloric needs.


Beware
SoFAS
Solid Fats
Added Sugar
SUGAR
foodandhealth communications
COMMON SOURCES OF SOLID FATS
Pizza
Grain Desserts
Whole Milk
Regular Cheese
Fatty Meats
COMMON SOURCES OF ADDED SUGAR
Soda
Fruit Drinks
Grain Desserts
Dairy Desserts
Candy
Source: NHANES

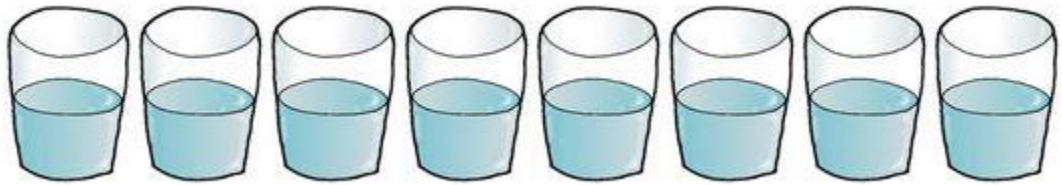
Food and Skin

- Lean protein, complex carbohydrates, whole grains, **ANTIOXIDANT-RICH** fruits, and veggies healthy fats from oily fish and nuts make your skin, hair, and nails look better
- People used to think chocolate and greasy food cause acne, but research indicates they have little effect on pimple production
- Drinking water is beneficial for skin health, and for reducing acne.

The Importance of H2O

Your body is about **60% water** and we are constantly losing that water through urine and sweat. Having adequate hydration is necessary to keep toxins and wastes in your blood filtered out.

In general, you should **drink a 1/2 ounce to 1 ounce of water a day for every pound you weigh.** So if you weigh 99 pounds, then you need to drink about 99 ounces of water in a day to keep your body healthy. (8 oz = 1 cup of water) Remember! This is only an estimate.

H  ?

Food and Sleep

When we don't get enough sleep our mood and ability to concentrate are affected. Likewise, we don't look healthy and at our best. We can get dark circles and puffiness surround our eyes. That is because the skin tissue under our eyes is very thin and sensitive to things like hydration and sleep.

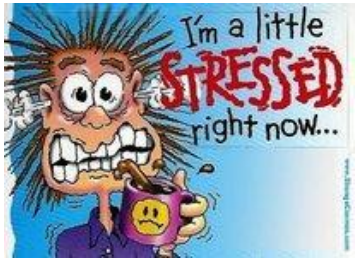
How Much Sleep Do You Really Need?	
Age	**Sleep Needs**
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

Food and Sleep

Certain foods can make you sleepy!

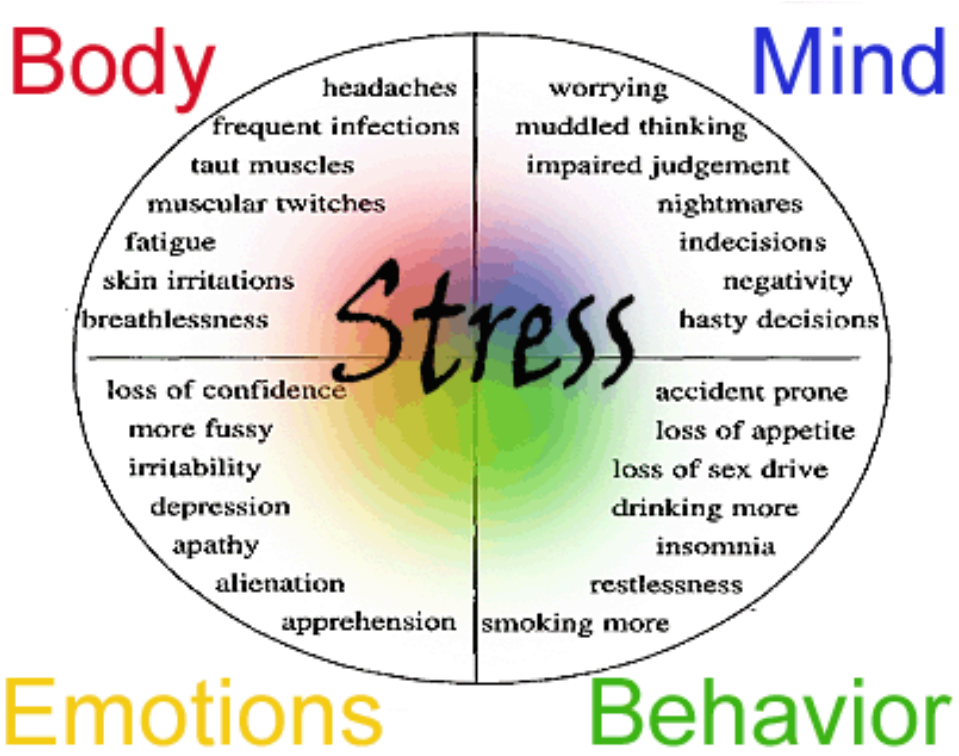
Food and STRESS



What is stress?

- Stress is how your body reacts to a demand (either good or bad) or disruption to your normal routine in life. Worry, danger, environmental stimulants (loud noises, crowding), and fatigue.
- A little stress helps us cope with the situation, but a lot of stress or prolonged periods of time with stress can hurt our bodies.
- Stress can also cause you to make unhealthy choices with food

This is what STRESS causes...



SUGAR Attack

Is sugar worth all of this? Know how much sugar is added to your food and drink!

Let’s see how good you are with your choices!

Time for a game of….

This...or THAT!

This...or THAT?

Which has less sugar?

Breakfast foods

Chick-Fil-A Yogurt Parfait

Tropicana 12 oz. personal bottle

This...or THAT?

Lunch/Dinner

Which has less calories? (both have side breadstick)

Applebee’s Oriental Chicken Salad

Applebee’s Broccoli Blackened Shrimp Alfredo

This...or THAT?

Sweet Treats!

Which has less calories? How about less sugar?

Panera “Kitchen Sink” Cookie

McDonald’s Hot Fudge Sundae

Thanks for joining our virtual badge!

Make sure to keep an eye out for the post email to see what badge requirements you need to complete on your own in order to earn this badge!

See you for more virtual badges!