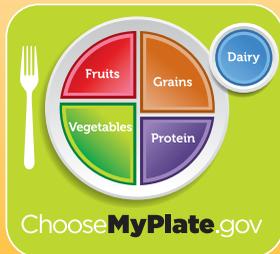




It's Your Health...
Take Charge!

Nutrition **Manual**

Activities and Tips for Healthy Eating



South Carolina Department of Health and Environmental Control

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-768-5700.



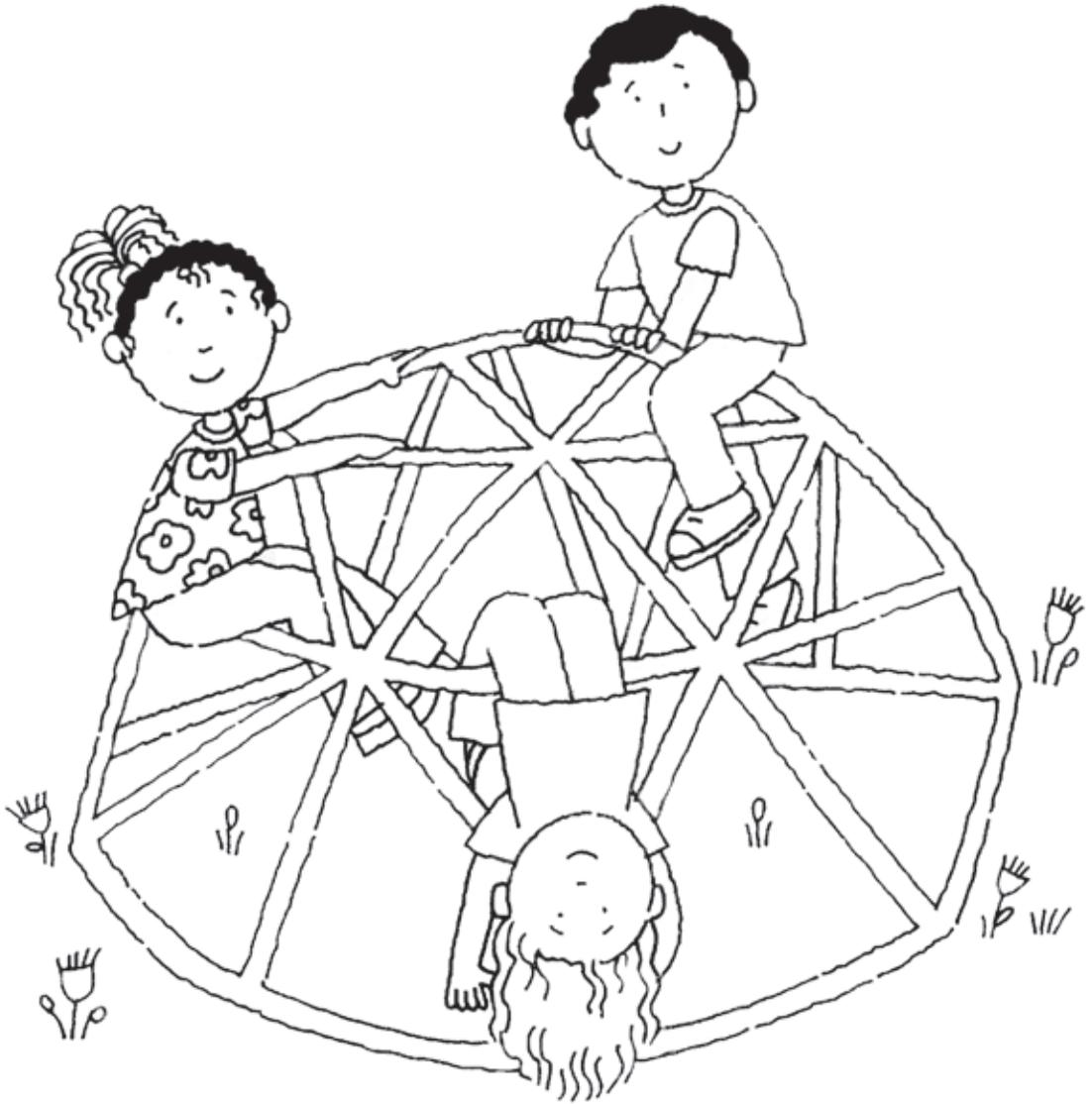
It's Your Health...
Take Charge!





FUN FOR KIDS



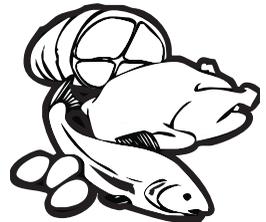
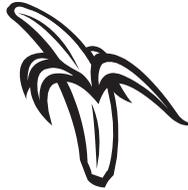
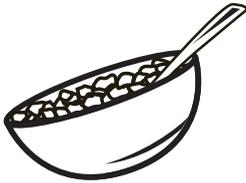






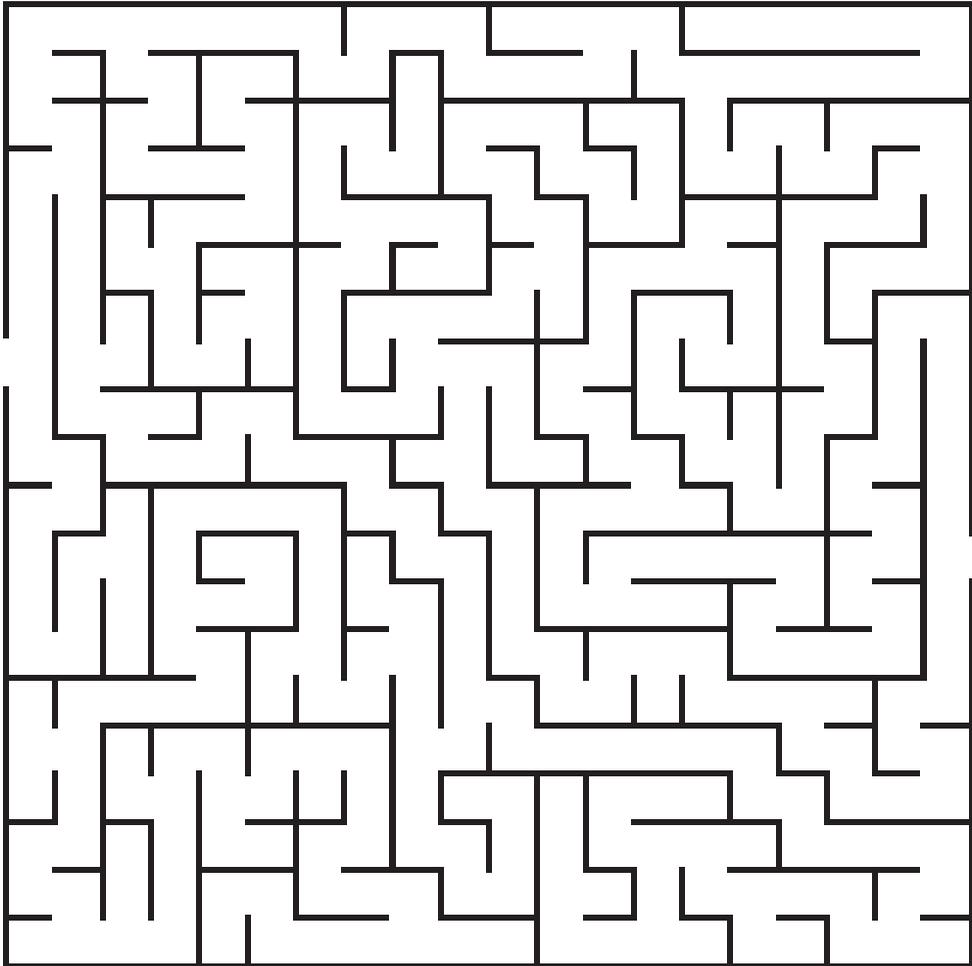
A Shopping Trip

Pretend you are going shopping for your mom, dad, or grandparents. Circle the foods that you think will make you and your family feel healthy and full of energy.



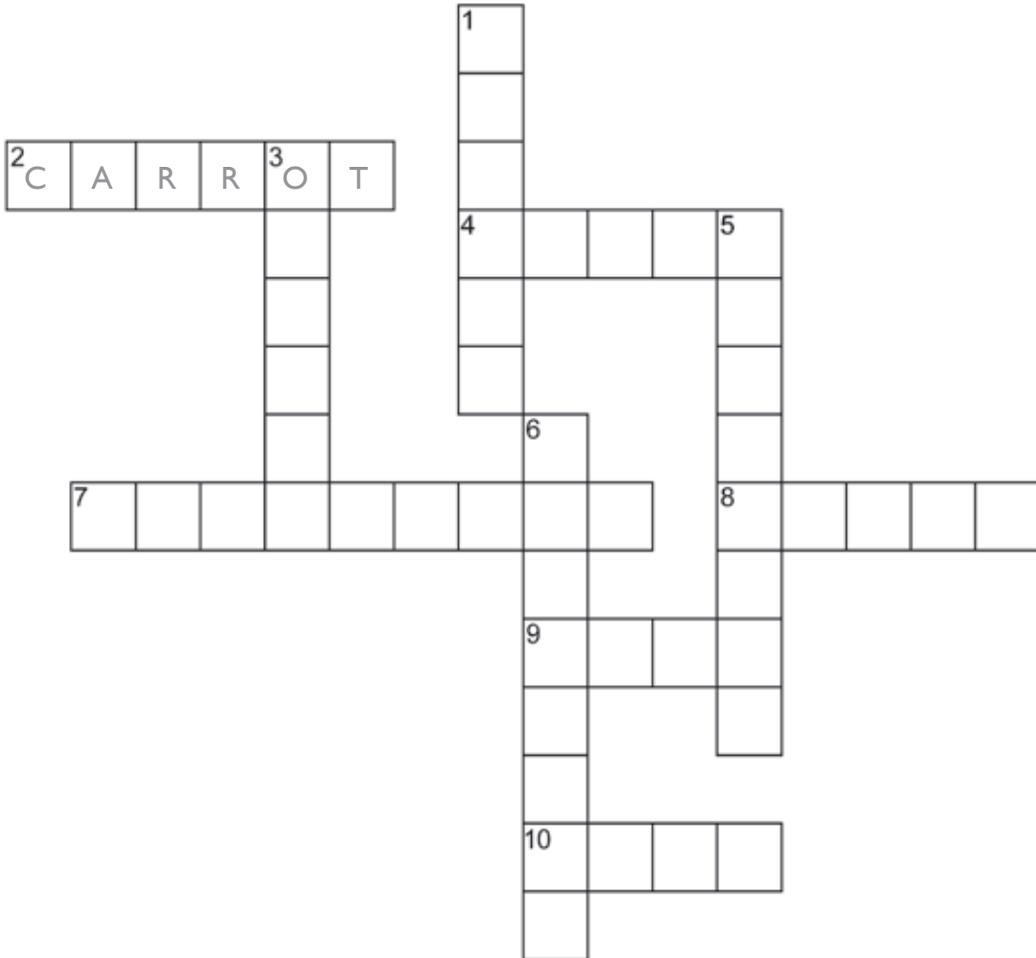


Find Your Way to the Apple





Vegetable and Fruit Crossword



Across

2. AN ORANGE VEGETABLE
4. A RED FRUIT
7. A BLUE FRUIT
8. A YELLOW FRUIT
9. A YELLOW VEGETABLE
10. A GREEN FRUIT

Down

1. A RED VEGETABLE
3. AN ORANGE FRUIT
5. A PURPLE VEGETABLE
6. A GREEN VEGETABLE



Find the Hidden Words

S E L B A T E G E V B Z T S T J I N R S Z M Z F H F R V W E
Y E S N N E J Q Z L V A T U D J H G O A A U U D N E W H H G
W Y P V Q C C N N V Z R N R X F P W K L E P T A K U J V O N
E J R A H A J Q U J A R A A Y O G U R T E P P C W O X Y L A
I U R E R K M K N W C Q M H N R C R E Z X M A L J R P R E R
P N E E I G O U B F A V O U X A T L K P J R R S E N E E G O
W S Y W D T C E X P R Y Q I M E Q T L W C C B E Y Q A B R P
E W I B A J R Y G A R P N H X C T L A I N B U K T M C M A U
W N E M Z R U O W N O L C C U E J Z B Y W K L I M A H U I I
T U O U Y O M N Z B T Y Q F S E R K V B K H F D U J W C N I
Q T U E Q R B T S I W L P A E G N J D D Y B K S O N D U S D
I G B L W T Q P P X J G J N I Z S P A F E Y F C H M Y C F P
X Z N O V E F S O L C F W L V I Y E S J Y H S V H Z O W V U
G U G S Z J Y V F D S T I U R F S Q T X F Q H Y T S O V B X
P O P C O R N S I W T P A H O I K L I K H T P N L X O I D S

APPLE

BANANA

CARROT

CHEESE

CRACKER

CUCUMBER

FRUITS

GRAPES

KIWI

MILK

ORANGE

PEACH

PEAR

POPCORN

STRAWBERRY

TOMATO

VEGETABLES

WATERMELON

WHOLE-GRAINS

YOGURT



Fallen Tile

Each letter appears in the same column, but below where it should be. Put the letters back in the grid and rebuild the phrase.

M								
T								
E								
T								

A

T	O	K	E	T	E	U	O	
M	V	W	N	R	S	N	K	Y
P	L	E	R	Y	Y	D	R	E
E	A	E	D	T	I	R	A	F



Tile Scramble

Unscramble the tiles to reveal a message.

T O	E V E	R Y	S E	E D	R C I
W E	D A Y	E X E	N E	A L L	

W E						R C I	
		D A Y					



Answers to Puzzles

Page 7–Vegetable and Fruit Crossword

ACROSS: 2. CARROT 4. APPLE 7. BLUEBERRY 8. LEMON 9. CORN 10. LIME
DOWN: 1. TOMATO 3. ORANGE 5. EGGPLANT 6. BROCCOLI

Page 9–Word Scramble

RUNNING, WALKING, SOCCER, FOOTBALL, TENNIS, HIKING, RIDING A BIKE,
JUMPING ROPE, PLAYING TAG, BASEBALL, HOPSCOTCH, SWINGING, PLAYGROUND,
SOFTBALL, ROLLER SKATING

PHRASE: IT'S IMPORTANT TO GET PLENTY OF EXERCISE!

Page 10–Fallen Tile

MAKE SURE TO DRINK PLENTY OF WATER EVERY DAY

Page 11–Tile Scramble

WE ALL NEED TO EXERCISE EVERY DAY



**NUTRITION MANUAL
FOR KIDS**



NUTRITION MANUAL FOR KIDS

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.



Fill half your plate with vegetables and fruits.

Make at least half your grains whole.

Read labels to find more whole grain foods.

Whole wheat, oatmeal and brown rice are all good.



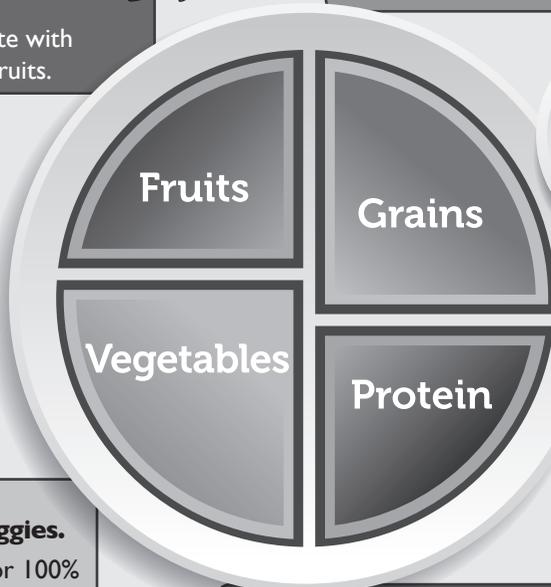
Dairy

Get your calcium-rich foods.

Remember to buy skim milk or 1% milk.

Go easy on cheese.

Skim yogurt is a good choice, too.



Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.

Fill half your plate with vegetables and fruits.



Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Be Physically Active Every Day!

Children need at least 60 minutes or more of physical activity every day. Do something that is fun like riding your bike, swimming, walking the dog, or playing a game or sport.



Nutrition Counseling Basics for Caregivers And Families With Young Children

Good nutrition for an infant's first year of life is crucial for proper development and good health. Laying a good foundation for lifelong health and well-being begins at an early age, and healthy eating behaviors are a large part of the foundation.

- Good nutrition practices can be challenging to families and caregivers.

Nutrition Counseling Basics - Birth To 1 Year:

- While breastfeeding is a personal decision, breast milk is the best food for your baby.
- Babies double their birth weight in the first four to six months of life.
- The first four months of life babies only need breast milk or formula.
- No honey should be given to a baby until after the age of 1.
- Baby cereal should never be put into a baby's bottle.
- If using infant formula, choose one that is iron-fortified.
- Until 4 months of age, babies are unable to push the food to the back of their mouth for swallowing.
- After your baby accepts cereal, offer steamed vegetables, fruits, then meats and breads.
- Introduce new foods one at a time.
- At around 6 months babies like to drink from a cup.



Nutrition Counseling Basics - 1 Year To 4 Years:

- Babies should not have cow's milk until they are 1 year old.
- Offer new foods at the beginning of a meal when they are hungry.
- Encourage "just one bite" of a new food if they are hesitant.
- Let them help with preparation.
- Don't give up on a new food; try it again another day.
- Food "jags" are common among toddlers. They will get tired of the same food eventually.
- Toddlers don't usually like casseroles. Keep it simple. They don't like their foods mixed.
- Teach your toddler that mealtime is family time and not a time to watch television.
- Allow enough time for them to feed themselves.

A General Rule on Portion Sizes For Toddlers:

Your toddler needs approximately 1 tablespoon of every food served for each year of age. For example if you are giving your 18-month-old toddler a meat, starch, two vegetables and a fruit, then measure 1½ tablespoons from each group into the baby's food dish. Never feed a baby from the jar, and remember it takes several baby spoonfuls to equal 1 tablespoon.



Did You Ever Wonder Why Vegetables and Fruits Are Different Colors?

This is because they all have different combinations of vitamins and minerals in them. This is the reason why fruits or vegetables have different shapes, colors and tastes.

Red Vegetables and Fruits

- Help you have a healthy heart
- Help your memory
- Help lower the risk of some cancers

Examples Of Red Vegetables and Fruits

Red apples	Strawberries	Red onions
Cherries	Watermelon	Red potatoes
Cranberries	Beets	Rhubarb
Red grapes	Red peppers	Tomatoes
Raspberries	Radishes	

Yellow/Orange Vegetables and Fruits

- Help you maintain a healthy heart
- Help you have good vision
- Help keep you from getting sick
- Help lower the risk of some cancers

Examples Of Yellow/Orange Vegetables and Fruits

Apricots	Pineapples	Pumpkin
Cantaloupe	Yellow pears	Sweet corn
Lemons	Yellow beets	Sweet potatoes
Oranges	Butternut squash	Yellow peppers
Peaches	Carrots	

White Vegetables and Fruits

- Help you have a healthy heart
- Help lower the risk of some cancers

Examples Of White Vegetables and Fruits

Bananas	White nectarines	Mushrooms
Brown pears	White peaches	Potatoes
Dates	Garlic	Turnips
	Onions	



Green Vegetables and Fruits

- Help lower the risk of some cancers
- Help you have good vision
- Help you have strong teeth and bones

Examples Of Green Vegetables and Fruits

Avocados	Limes	Green beans
Green apples	Green pears	Peas
Green grapes	Broccoli	Celery
Honeydew	Lettuce	Green pepper
Kiwi	Spinach	

Blue/Purple Vegetables and Fruits

- Help lower the risk of some cancers
- Help your memory
- Help you with healthy aging

Examples Of Blue/Purple Vegetables and Fruits

Blackberries	Purple cabbage
Blueberries	Egg plant
Plums	Purple peppers
Raisins	Purple carrots
Purple grapes	Purple potatoes
Purple figs	Purple asparagus
Dried plums	Purple endive



A Closer Look At Vitamins And Minerals

Vitamin A

- Helps you have good night vision
- Helps you have color vision
- Helps you grow well
- Helps you have healthy skin

Examples of foods with vitamin A

Apricots	Spinach	Sweet potatoes
Carrots	Cantaloupe	Tomatoes
Nectarines	Pumpkin	

B-vitamins

- Help your body make energy
- Help your body release energy
- Help your body transport oxygen

Examples of foods with B-vitamins

Fish	Broccoli
Enriched wheat grains	Chicken
Beef	Dried beans
Spinach	Sweet potatoes
Pork	Tomatoes

Vitamin C

- Helps you have strong teeth and gums
- Helps you have strong bones and muscles
- Helps keep you from getting sick

Examples of foods with vitamin C

Oranges	Strawberries	Cabbage
Lemons	Raspberries	Potatoes
Grapefruit	Broccoli	Spinach
Watermelon	Tomatoes	
Honeydew	Green peppers	

Vitamin D

- Helps your body build strong teeth and bones
- Helps your body absorb calcium

Examples of foods with vitamin D

Milk	Tuna	Eggs
------	------	------

Always remember the best source of vitamin D is a little bit of sunlight



Vitamin E

- Helps protect your eyes, skin, and liver
- Helps protect your lungs from air pollution
- Helps your body store vitamin A
- Helps vitamin K with blood clotting

Vitamin K

- Helps your blood clot

Calcium

- Helps build strong teeth and bones
- Helps lower the risk of some cancers
- Helps you use your muscles
- Helps you use your nerves
- Helps your blood clot

Iron

- Helps carry oxygen in your body

Examples of foods with vitamin E

Corn	Spinach
Sunflower seeds	Vegetable oils

Examples of foods with vitamin K

Broccoli	Lettuce	Cheese
Spinach	Cabbage	

Examples of foods with calcium

Milk	Almonds
Yogurt	Oranges
Cheese	Salmon canned with bones
Collards	Sardines canned with bones
Tofu	Papaya
Turnip greens	Ice cream

Examples of foods with iron

Red meat	Apricots
Liver	Baked potato with skin
Dried beans	Enriched whole-grains
Raisins	Spinach
Shrimp	Lentils
Black-eyed peas	



What Foods Cause Tooth Decay?

- To avoid tooth decay your baby should never be put to bed with a bottle of milk, juice, formula, or other sweet drinks.
- Avoid letting your baby suck on a bottle for long periods of time.
- Serve water to quench your child's thirst.
- Limit the number of snacks to no more than three per day.
- Serve healthy snacks, such as fresh vegetables and fruits.
- Limit the sticky foods like raisins, candies, and cookies.
- Offer water with snacks.

What Are Some Examples Of Healthy Snacks?

Natural cheese (swiss, cheddar, muenster)	Oranges
Milk	Peaches
Plain yogurt	Pears
Peanut butter	Plums
Cottage cheese	Strawberries
Whole-grain breads	Watermelon
Popcorn	Carrots
Apples	Celery
Bananas	Green peppers
Blueberries	Cucumber
Grapes	Broccoli
Grapefruit	Tomatoes
	Kiwi



**NUTRITION MANUAL
FOR ADULTS**



Home Food Safety

How Do You Keep Food Safe From Bacteria?

- Keep food out of the danger zone. Bacteria grows rapidly between 40°F and 140°F.
- Store food below 40°F or keep them warm above 140°F.
- Store raw meat in a meat keeper.
- Wash hands with warm soapy water for at least 20 seconds before beginning food preparation and every time after handling raw foods.
- Defrost meat, seafood and poultry in the refrigerator, microwave, or in running cold water.
- Never defrost at room temperature.
- Always use a clean cutting board. Wash cutting boards with hot soapy water and scrub brush. Then sanitize them in the dishwasher or use 1 teaspoon of chlorine bleach to 1 quart of water.
- Before opening canned foods, wash the top of the can to prevent dirt from coming in contact with the food.
- Do not keep leftovers at room temperature for more than two hours.
- Use a thermometer to ensure proper internal temperature.

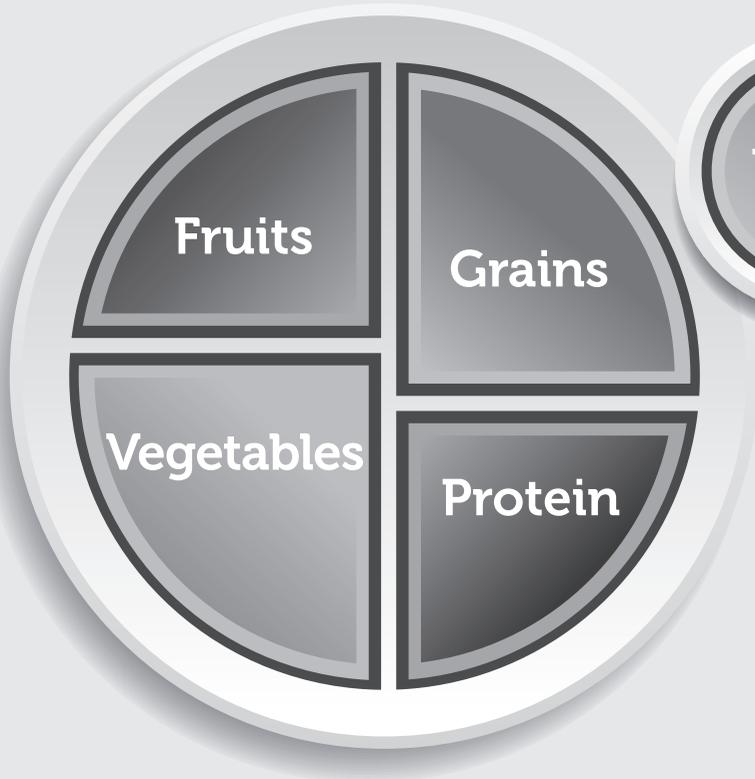
For more information visit the following web sites:

www.foodsafety.gov

www.scdhec.gov/food



NUTRITION MANUAL FOR ADULTS



GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
Make half your grains whole	About 2 cups every day	About 2 cups every day	About 3 cups every day; for kids aged 2 to 8, it's 2	About 5½ oz. every day



What Should I Eat and How Much?

What Should I Eat?

It is really important that you eat a wide variety of foods. All foods are important in their own way. Whole-grain foods give you energy. Vegetables and fruits give you lots of vitamins and minerals, which help you look and feel healthy. Dairy products give you calcium, which help you build strong teeth and bones. Meats give you protein, which helps you have strong muscles.

How Much Should I Eat Each Day?

Breads	6-11 servings
Fruits	2-4 servings
Vegetables	3-5 servings
Meats	2-3 servings
Milk	2-3 servings
Fats and Sweets	as little as possible

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

To find the amounts that are right for you, go to www.ChooseMyPlate.gov



NUTRITION MANUAL FOR ADULTS

What Is A Serving?

Bread	<i>1 slice 1 cup of ready-to-eat cereal ½ cup of cooked cereal ½ cup of cooked rice or pasta</i>
Fruits	<i>1 medium sized apple, banana, pear, orange, etc. ½ cup chopped, cooked, or canned fruit ¾ cup 100% fruit juice</i>
Vegetables	<i>1 cup raw leafy vegetables ½ cup of other raw vegetables ½ cup of cooked vegetables ¾ cup 100% vegetable juice</i>
Meats	<i>2-3 ounces cooked lean meat, poultry, or fish 1 ounce of meat = ½ cup tofu, 1 egg, ⅓ cup of nuts, or 2 tablespoons of peanut butter</i>
Milk	<i>1 cup of milk or yogurt 1 ½ ounce of natural cheese (cheddar, swiss, muenster) 2 ounces of processed cheese (american)</i>

What Does 1 Serving Look Like?

Bread	<i>1 slice</i>
Ready-to-eat cereal	<i>large handful</i>
Cooked cereal, rice, or pasta	<i>ice cream scoop</i>
Medium apple	<i>tennis ball</i>
½ cup cut up, cooked or canned fruit	<i>7 cotton balls</i>
1 potato	<i>baseball</i>
1 ounce of cheese	<i>pair of dice or dominoes</i>
3 ounces of meat	<i>deck of cards or palm of hand</i>
1 tablespoon of peanut butter	<i>thumb tip</i>
½ cup dry beans	<i>ice cream scoop</i>
2 tablespoons of salad dressing	<i>ping-pong ball</i>
1 teaspoon of butter	<i>stamp</i>



More Whole-Grains

- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.



make **half** your grains **whole**

Why Do We Need Whole-Grains?

We get our main source of energy from whole-grain foods. Our bodies are made to get our fuel from these foods. Whole-grain foods also give us fiber, which is very important for our bodies to have.

What Is Fiber?

Fiber is the material in foods that are not digested. It is found in fruits, vegetables and whole-grain foods. Fiber is important because it does many things in the body. For starters fiber helps you feel full because it absorbs water and swells. Fiber also helps spread out calorie-dense fats and sweets which helps with weight control. Fiber also helps prevent constipation and hemorrhoids by keeping everything moist and moving easily; this also helps keep the muscles of the digestive system strong. Lastly, fiber may reduce the risk of heart and artery disease by lowering your cholesterol.

How Much Should I Eat?

It is recommended that most adults eat six to 11 servings of whole-grain foods everyday. Good sources of fiber contain 10-19% of the Daily Value and are usually 2.5 grams to 4.9 grams per serving. An excellent source contains 20% or more of the Daily Value and will have 5 grams or more per serving.

What Are Some Examples Of Whole-Grain Foods?

Whole-grain bread	100% bran cereal
Brown rice	Wild rice
Oatmeal	Whole-grain muffins
Popcorn	Quinoa
Whole-grain pasta	Whole wheat tortillas



Take Five A Day

- Only 32.8% of Americans are eating the daily recommended amount of fruits, and only 27.4% are eating the daily recommended amount of vegetables.



5 ^{eat} fruits and veggies a day

Why Do We Need Vegetables and Fruits?

Vegetables and fruits provide our body's with vitamins, minerals and fiber.

What Are Vitamins?

Vitamins are used in hundreds of ways in the body. They are needed to help your body grow and develop, help your blood clot, and help give your body energy. Some vitamins also help you see in color, while others help keep your teeth strong and healthy. Some examples of foods packed with vitamins are: fruits, vegetables, and dairy products.

What Are Minerals?

Minerals are important because they help strengthen your bones, they help transport oxygen in your body, help fight off infection, and allow your body to get energy from foods. Some examples of foods with minerals are: fruits, vegetables, meats, and dairy products.

How Many Vegetables and Fruits Should I Eat?

- It is recommended that most adults eat five to nine or more servings each day.
- This usually averages out to:
 - two to three fruits each day
 - three to four vegetables each day



What Is So Special About Calcium?

- The National Osteoporosis Foundation estimates that more than 10 million people over age 50 in the U.S. have osteoporosis and another 34 million are at risk for the disease.

What Does Calcium Do?

- It protects you against osteoporosis.
- It protects your bones from the risk of fractures.
- It protects you against breast cancer.
- It's needed for your use of muscles and nerves.
- It helps with blood clotting.

How Much Calcium Should I Get?

Age	Amount
9-18 years	1300 milligrams a day
19-50 years	1000 milligrams a day
51 and over	1200 milligrams a day
During pregnancy and lactation	1000 milligrams a day

What Foods Have Calcium In Them?

Milk	Papaya
Yogurt	Oranges
Pudding	Tofu
Ice cream	Almonds
Cheese	Sardines with bones
Salmon with bones	Collards
Turnip greens	



Take Action

- Less than half (48%) of all adults get the required amount of physical activity a week.

What Can I Do?

- Physical activity helps with losing weight, especially if you cut back on your fat and calorie intake.
- Physical activity is also very important at keeping the weight off.
- Besides helping you lose weight, physical activity helps prevent against heart disease, diabetes, bone loss, certain types of cancer, anxiety, and depression.
- Choose activities you enjoy; that way you have a better chance of sticking with it.
- Walking is a great way to get physical activity.
- Try as hard as you can to make physical activity part of your daily life. Don't get discouraged if you miss a day or two, just do your best.
- Adding moderate physical activity five or more times a week can burn up to 150 calories a day. In six months that equals out to 5 pounds, and in one year it equals out to 10 pounds. If you couple moderate physical activity with a calorie reduction of 150 calories each day, you will see those numbers double to 10 pounds in six months and 20 pounds in one year.



What Are Some Examples Of Physical Activities That Burn 150 Calories?

Gardening (30-45 minutes)	Walking 1¾ mile (35 minutes)
Walking two miles (30 minutes)	Bicycling five miles (30 minutes)
Stair walking (15 minutes)	Swimming (20 minutes)
Raking leaves (30 minutes)	Jumping rope (15 minutes)
Wheeling in a wheelchair (30-40 minutes)	Pushing stroller 1½ mile (30 minutes)

How Should I Exercise And How Often?

- Exercise three to five days a week.
- Always warm up and stretch for five to ten minutes before exercising.
- Exercise for 30-45 minutes.
- Always cool down and stretch for five to ten minutes at the end of exercising.
- If your goal is weight loss try exercising for 30 minutes, five times a week.

Remember: Always consult your doctor before starting any kind of exercise regimen.



It's Your Health Take Charge

Guidelines For Controllable Risk Factors

High Blood Pressure

- Try to control your weight (follow the MyPlate guidelines and do some physical activity).
- Limit alcohol intake – Men (no more than two drinks each day); Women (no more than one drink each day).
- Cut back on salt intake (recommended 2,300 milligrams each day).
- Don't smoke.
- Limit stress to as little as possible.

Diabetes

- Maintain a healthy weight.
- Eat a diet low in saturated fat and sugar.
- Eat a diet high in complex carbohydrates and fiber such as whole-grain foods.
- Exercise regularly.

Coronary Artery Disease

- Maintain a healthy weight (limit fat to 30% or less of intake).
- Limit saturated fat intake as much as possible.
- Limit trans-fat as much as possible.
- Limit intake of cholesterol.
- Eat more vegetables and fruits.



Osteoporosis

- Get enough calcium and vitamin D.
- Try estrogen replacement therapy (provided there is an understanding of the benefits and the risks, and that it is monitored by a doctor).
- Try to have maximum bone mass (amount of calcium taken in and adequate physical activity).

Cancer

- Eat foods mostly from plant sources.
- Limit intake of high fat foods (especially from animal sources).
- Be physically active (achieve and maintain a healthy weight).
- Limit alcohol intake.



What Do Those Numbers Mean?

Cholesterol

71 million American adults (33.5%) have high LDL, or “bad,” cholesterol. Only **1 out of every 3** adults with high LDL cholesterol has the condition under control.

Test	Ideal	Borderline	Dangerous
Total Cholesterol	200 or less	200-239	240 or more
HDL	60 or more	—	40 or less
LDL	100 or less	130-160	160 or more
Chol./HDL ratio	4.5 or less	4.5-5.5	5.5 or more
LDL/HDL ratio	3 or less	3.0-5.0	5 or more
Triglycerides	150 or less	150-200	200 or more

Diabetes

25.8 million people have diabetes.

Blood Glucose Value

Normal	110 or less
Pre-Diabetes	110-125
Diagnosable Diabetes	125 or above (fasting) 200 or above (not fasting but showing signs)

Blood Pressure

One in three Americans have high blood pressure.

Ideal	under 120 / 80
Pre-HTN	120-139 / 80-89
Considered Hypertension	
Mild	140 / 90 and above
Moderate	160-179 / 100-109
Severe	180 / 110 and above



What Are Some Warning Signs Of A Heart Attack?

- Chest Discomfort – discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. It can be pain or discomfort in one or both arms, back, jaw, or stomach.
- Shortness of breath. It can occur before or with chest discomfort.
- Cold sweat, nausea, or light headedness.

What Are Some Warning Signs Of A Stroke?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



Body Mass Index (BMI) Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<i>Height</i>	<i>Weight (in pounds)</i>																
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8" (68")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11" (71")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI)

Centers for Disease Control and Prevention
United States Department of Health and Human Services



$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 730$$

For example, a person who weighs 220 pounds and is 6 feet 3 inches tall has a BMI of 27.5.

$$\text{BMI} = \left(\frac{220 \text{ lbs.}}{(75 \text{ inches}) \times (75 \text{ inches})} \right) \times 730 = 27.5$$

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

The FDA strictly regulates health and nutrient claims. They must be supported by scientific evidence to appear on food labels. The foods must also meet specific nutrient requirements.



Nutrient Claims

Term	Per serving size on label
Free cholesterol, Reduced Lite, Light	<ul style="list-style-type: none"> • Contains no, or only trace amounts of fat, saturated fat, sodium, sugars, and calories • At least 25% lower in the nutrient than the standard • At least 50% less fat • 50% less sodium; one-third fewer calories (must also contain less than 50% of calories from fat)
Low	<p>Low fat: 3 grams or less</p> <p>Low Cholesterol: 20 milligrams or less</p> <p>Low saturated fat: 1 gram or less</p> <p>Low sodium: 140 milligrams or less</p> <p>Very low sodium: 35 milligrams or less</p> <p>Low calorie: 40 calories or less</p>
High	<p>20% or more of the Daily Value</p> <p>Fiber: 5 grams or more</p> <p>Potassium: 700 milligrams or more</p> <p>Vitamin A: 1,000 IU or more</p> <p>Vitamin C: 12 milligrams or more</p> <p>Folate: 80 micrograms or more</p> <p>Iron: 3.6 milligrams or more</p>
Good Source	<p>10–19% of the Daily Value</p> <p>Fiber: 2.5 to less than 5 grams</p> <p>Potassium: 350 to less than 700 milligrams</p> <p>Vitamin A: 500 to less than 1,000 IU</p> <p>Vitamin C: 6 to less than 12 milligrams</p> <p>Folate: 40 to less than 80 micrograms</p> <p>Iron: 1.8 to less than 3.6 milligrams</p>
Healthy	<p>Food that is low in fat and saturated fat, 480 milligrams or less of sodium, and at least 10% of the Daily Value for vitamin A, vitamin C, Calcium, iron, protein, or fiber.</p>
Lean	<p>Less than 10 grams of total fat, 4.5 grams saturated fat, and 95 milligrams cholesterol per 100 grams (about 3 ounces)</p>
Extra Lean	<p>Less than 5 grams of total fat, 2 grams saturated fat, and 95 milligrams cholesterol per 100 grams (about 3 ounces)</p>



Health Claims

Disease/Nutrient or Food

Example of a Health Claim

Osteoporosis/calcium

Regular exercise and a healthy diet with enough calcium help teens and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life.

Cancer/fat

Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers.

Cancer/fiber-containing foods

Low-fat diets rich in fiber containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

Cancer/vegetables and fruits

Low-fat diets rich in vegetables and fruits (foods that are low in fat and may contain dietary fiber, vitamin A, or Vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is high in vitamin A and C, and is a good source of dietary fiber.

Heart Disease/fiber-containing foods

Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products which contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.

Heart Disease/saturated fat and cholesterol

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

Hypertension/sodium

Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors.

Birth Defects/folic acid

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.



Take Down Fat

- In 2011, 35.7% of Americans were considered obese (BMI of 30 or more).

Why Do We Need Fat?

Fat is a major source of energy for our body and it helps us absorb vitamins A, D, E, and K. When people used to hunt and farm for themselves it was the body's way of protecting against famine. During times of feast their body would store excess fat to be used in times of famine. We mostly use fat in today's world to provide taste, texture, and to help us feel full. When we eat more fat and/or calories than our body needs, we start to gain weight. It is very important to keep in mind that excess fat also contributes to high levels of cholesterol in the body.

What Is Cholesterol?

It is something our body makes naturally, but when we add it to our everyday diets we tend to get too much of it. When this happens, it builds up on the walls of our arteries. This waxy build up adds to our risk of having heart disease. Our body uses cholesterol to make vitamin D, hormones, and other substances that break down fat. There are two types of cholesterol: HDL (healthy) cholesterol and LDL (lousy) cholesterol. HDL cholesterol is good for the body, and this is the type we want to get the most of. LDL cholesterol is the bad type and this is what we want to get the least of.

What Do Those Cholesterol Numbers Mean?

Total cholesterol

Normal:	200 or less
Borderline-High:	200-239
High:	240 or above

HDL cholesterol

Normal:	60
Borderline-Low:	40 or less

LDL cholesterol

Normal:	100 or less
Borderline-High:	130-159
High:	160 or less



Is All Fat The Same?

No. Fat comes in different types: saturated fat, unsaturated fat, and trans-fat. Saturated fat is usually solid at room temperature. It is almost always associated with raising your LDL cholesterol. The main source of saturated fat is animal products. It is recommended that we eat as little saturated fat as possible. Unsaturated fats are usually liquid at room temperature. This fat is usually associated with lowering our LDL cholesterol and raising our HDL cholesterol. The main source of unsaturated fats are plant sources. It is recommended that we eat more of this type of fat than any other. Trans-fat is very similar to saturated fat in that it tends to raise our LDL cholesterol and lower our HDL cholesterol. This is sometimes called the hidden fat and is found mostly in processed foods. It is recommended that we eat as little as possible of this fat.

How Do I Cut Back On My Fat Intake?

- Eat sensible portions.
- Replace high fat foods with low fat foods such as: fresh vegetables and fruits, yogurt, whole-grain foods, and fish.
- Cook with different fats such as oils like canola and olive oil.
- Follow the MyPlate guidelines.
- Try to eat more lean meats such as chicken without the skin, lean pork, fish and seafood, or red meat trimmed of fat.
- Try replacing regular fat cheese with low fat cheese.



Take Down Salt

- Did you know that most of the sodium we consume is from processed foods? In fact only 5% is added when cooking, 6% is added at the table and 12% is naturally occurring. We consume about 77% in processed prepared foods.
- About **600,000 people** die of heart disease in the United States every year – that’s **1 in every 4 deaths**.
- **67 million** American adults (31%) have high blood pressure—that’s **1 in every 3** American adults.²

Why Do We Need Salt?

Most of the time we eat salt for one reason only...flavor. However we do need some sodium to help maintain the right balance of fluids in the body, help transmit nerve impulses and for the contraction and relaxation of muscles.

What Do Those Blood Pressure Numbers Mean?

Ideal: under 120/80
High-Normal: 120-139 / 80-89

Considered Hypertension
Mild: 140 / 90 and above
Moderate: 160-179 / 100-109
Severe: 180 / 110 and above

Sources that are high in sodium include:

Processed food, fast food, ham, luncheon meats, hotdogs, chips, frozen dinners, and condiments.

How Do I Cut Back On My Salt Intake?

- Cook with fresh vegetables instead of canned vegetables.
- Cook with herbs and spices instead of salt.
- Try buying lower sodium foods.
- Try buying the least processed foods possible.
- Cut back on your intake of pickled foods.
- If you buy canned vegetables, try to buy the ones labeled “no salt added”.



Herbs and Spices Chart

Name	Type	Characteristics	Example Use
Allspice	Spice: whole ground	Small brown berry, flavor resembles a combination cinnamon, clove, and nutmeg. Native to West India.	Sausages, braised meats, poached fish, cooked fruits, puddings, pies, and relishes.
Anise	Spice: whole or ground Herb: leaf, fresh or dried.	Licorice flavor. Native to Spain, China, and Syria.	Cookies, pastries, and bread.
Basil	Herb: leaf, fresh or dried.	Aromatic green leaf. Member of mint family.	Tomato dishes, pesto, egg dished, salads, marinades, fish, and compound butters.
Bay Leaf	Herb: whole leaf.	Stiff dark green, oblong leaf with a pungent aroma reminiscent of sassafras. Comes from the Laurel tree.	Stocks, sauces, soup, stews, and braised meats.
Bouquet Garni	Flavoring mix.	A personal selection of herbs, vegetables and occasionally spices, often tied with a string.	Stocks, soups, and sauces.
Caraway	Spice: whole seed.	Dark brown curved seed. Grown in Northern Europe.	Rye bread, cabbage, sauerkraut, and Eastern European Cuisine.
Cardamom	Spice: whole pod or ground seed.	Tiny brown seeds, white or green pods. Sweet, aromatic, and expensive. Native of India and Guatemala.	Pickling, Danish pastries, and curries.
Cayenne	Spice: ground, seed.	Very powerful, ground hot red pepper. Native of French Guiana.	Soups, sauces, fish, and eggs.
Celery Seed	Spice: whole seed or ground.	Tiny brown seed with strong celery flavor. Too much can create a "hot" spice effect.	Salads, dressings, pickling, tomato dishes, and marinades.
Chervil	Herb: leaf, fresh or dried.	Small, delicate, green leaf. Mild flavor of parsley and tarragon.	Soups, salads, sauces, egg dishes, chicken, fish, and dressing.
Chili Powder	Spice: ground, blend.	Blend of ground cumin, chili pepper, oregano, allspice. Can be mild or hot.	Chili, stews, sauces, and ground meats.
Chives	Herb: fresh, dried, frozen.	Fine, hollow, green top of a very small onion.	Salads, egg and cheese dishes, fish soups, and sauces.



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Cilantro	Herb: leaf, dried or fresh.	Light green aromatic leaf. Shaped like flat parsley but much more pungent flavor. Leaf from coriander seed.	Salads, salsa, sauces, soup, eggs, and dressings.
Cinnamon	Spice: stick or ground	Reddish brown aromatic bark from cinnamon or cassia tree. Native of East India.	Preserves, stewed fruits, breads, pastries, desserts, ham, and hot beverages.
Clove	Spice: whole or ground	Dried flower bud of tropical clove tree. Pungent, sweet in flavor. Native of Indonesia.	Whole: Marinades, stocks, sauces, braised meats, hams, and pickling. Ground: pastries, fruits and cakes.
Coriander	Spice: whole or ground	Round light-brown seed of cilantro leaf with a slightly aromatic flavor. Native to Argentina and Morocco.	Pickling, sausages, stocks, pork, curry, gingerbread, salsa, and dressings.
Cumin	Spice: whole or ground seed.	Small seed resembling caraway, but lighter in color. Grown in Mexico and Syria.	Chili and curry powder blends, sausages, salsa, egg & cheese, curry dishes, vegetables, soups, sauces, fish, meat, and rice.
Curry	Spice: ground, powder or paste.	Mixture of up to 20 spices including turmeric, cumin, coriander, ginger, clove, and cinnamon. Peppery, yellow in color. Can vary from mild to very hot.	Curry dishes, vegetables, soups, sauces, fish, meat, and rice.
Dill	Herb: Leaves, fresh or dried. Spice: whole seed.	Herbs and seed with "dill pickle" flavor. Seed more pungent than herb.	Seed: pickling, soups, sauerkraut, marinade. Herb: salads, soups, fish & shellfish, vegetables, sauces, and vinegar.
Fennel	Spice: whole seed.	Greenish brown seed, similar in flavor to anise. Grown in South America, Asia, and Africa.	Sausages, tomato sauces, marinades, fish, and pickling.
Fine Herbs	Herb blend	Generally a bouquet blend of three or more finely chopped herbs possibly including chives, tarragon, parsley, basil, savory, etc. Used to enhance various dishes.	Herb sauce, compound butters, broiled meats, fish, and cold sauces.



Garlic	Fresh, whole bulb. Dried bulb: Granulated, powdered, or mixed with salt.	Strong aromatic member of onion family.	Widely used.
Ginger	Spice: fresh whole, dried powder, candied crystallized, or pickled.	Light brown knobby root from tropical plant.	Baked goods, desserts, fruits, curry dishes, pickling, and chutney. Chinese, Caribbean, and Japanese cuisine.
Juniper Berry	Spice: whole	Slightly soft, purple berry. "Piney" flavor. Principle flavor of gin.	Marinades, game dishes, and sauerkraut.
Mace	Spice: whole "blade" or ground.	Made from orange red outer covering of nutmeg. Aromatic, similar to nutmeg in flavor but milder.	Baked goods, desserts, fruit, sausages, fish, vegetables, and preserves.
Marjoram	Herb: dried leaf.	Gray green herb from mint family. Similar to oregano but milder.	Beef, veal, lamb, sausage, pates, poultry, stews, soups, vegetables, salads, and sauces.
Mint	Herb: leaf, fresh or dried.	Aromatic herb with cool flavor. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, and sauces.
Mirepoix	Flavoring mix	Mixture of aromatic vegetables including onion, celery, carrot, leek, and garlic.	Stocks, sauces, soups, and roasts.
Mustard Seed	Spice: whole and ground seed.	Very pungent white, yellow or brown seed.	Prepared mustard, pickling, sauces, and salsa.
Nasturtium	Leaf and seed.	Plant with yellow, orange, and red flowers and sharp casting leaves and seeds with pungent odor.	Salads, pickling, and mustard.
Nutmeg	Spice: whole or ground.	Sweet, aromatic kernels of nutmeg fruit. Grown in Netherlands, East and West Indies.	Baked goods, pies, cream sauces, soups, chicken, veal, vegetables, desserts, and breads.
Oregano	Herb: leaf or ground, fresh or dried.	Pungent herb, similar to marjoram, but stronger. Native to Italy and Mexico. Also grown domestically.	Italian & Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades.
Paprika	Spice: ground	Ground from dried sweet, red pepper.	Fish, seafood, meats, salads, sauces, dressings, and garnish.



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Parsley	Herb: fresh leaf in bunches, dried chopped leaf.	Green leaf, curly or flat, with delicate sweet flavor. Excellent source of vitamin C.	Garnish, fried, stews, sauces, salads, vegetables, and potatoes.
Pepper: black, white, or green	Spice: whole, cracked, medium or fine ground.	Small hard berry. Black: pungent, aromatic. White: What is left when black outer casing is removed, milder, adds sharp tang to all foods. Green: Packed in mild brine.	Widely used
Poppy Seeds	Spice: whole.	Tiny blue black seeds with crunchy nut like flavor. It is a product of the opium poppy, but does not contain opium.	Breads, rolls, pastry, fillings, cookies, cakes, salsa, and dressings.
Rosemary	Herb: whole leaf, fresh or dried.	Very aromatic light green leaf resembling pine needles. Healthy and strong, even in cold weather.	Lamb, fish, beef, sauces, soups, stews, salads, and marinades.
Sachet Bag	Spice mix.	Various spices tied in a small cheesecloth sack.	Braised meats, game, stews, pickling, soups, and sauces.
Saffron	Whole "threads."	Only the stigmas from the saffron crocus are used. Very expensive. Gives bright yellow color to foods with a mild distinctive flavor.	Baked goods, rice, potatoes, soups, sauces, curry, and meats.
Sage	Herb: whole, rubbed, or ground leaf, fresh or dried.	Pungent gray green herb with fuzzy oblong leaves.	Stuffing, meat, poultry, soups, stews, salads, and fish.
Savory	Herb: fresh or dried leaf.	Fragrant herb of mint family. Summer crop preferred to Winter crop.	Salads, eggs, vegetables, stuffing, soups, meats, fish, and sauces.
Sesame	Herb: whole (hulled or unhealed) seeds.	Small yellowish seed with high oil content and nutty taste. Imported from Asia, East and Central America.	Bread & roll garnish, salads, and oriental candy.
Tarragon	Herb: fresh, dried, pickled leaf.	Delicate green herb with small oblong leaves. Flavor is similar to mint and licorice.	Béarnaise sauce, vinegar, chicken, fish, salads, dressings, and eggs.
Thyme	Herb: fresh or dried leaf, crushed or ground.	Tiny brownish green leaf, very aromatic.	Soups, chowders, stocks, sauces, meats, poultry, and salad dressing.
Turmeric	Spice: ground	Intense yellow root of ginger family. Mild but peppery flavor.	Curry powder, pickles, relish, salads, eggs, rice, and chow-chow.



Take Down Sugar

- A difference of one 12 ounce soda (150 calories) or 30 minutes of brisk walking most days can add or subtract about 10 pounds to your weight each year.

What Are Empty Calorie Foods?

Empty calorie foods are those foods that have a lot of calories and/or fat but not much of anything else. These are foods that usually contain very little vitamins and minerals. It is recommended that we eat the least amount of these foods as possible. A lot of empty calorie foods have what is called a sedative effect. This is when you get a burst of energy from the food. Then in a very short period of time you lose that energy and usually end up more tired than you were before you ate the food.

What Are Some Examples Of Empty Calorie Foods?

Candy	Snack cakes	Cotton candy
Candy bars	Popsicles	Onion rings
Chocolate	Ice cream bars	Mozzarella sticks
Cookies	Jelly	Nacho cheese
Cakes	Butter	Salad dressing
Soda	Cream pies	Gravy
Sugar-sweetened drinks	French fries	Sugar
Chips	Hot dogs	Marshmallows
Doughnuts	Fried dough	Pastries
	Corn dogs	

What About Soft Drinks?

- One 12 ounce can of soda (not diet) has between 150-200 calories.
- One 12 ounce can of soda (not diet) has between 9-11 teaspoons of sugar.
- One 12 ounce can of soda (not diet) has between 30-70 milligrams of caffeine.
- It is completely void of any nutritional value.
- It is recommended that you limit your intake of soda as much as possible.

This material was funded by the Supplemental Nutrition Assistance Program

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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