



UNHEALTHY EATING HABITS

TASK: Teach the basic tools for making lifelong health improvements.

CONDITIONS: Discussion – Q&A

STANDARDS: Soldiers will understand the basic tools needed to make permanent lifestyle and dietary changes.

REFERENCE(S): www.move.va.gov



UNHEALTHY EATING HABITS

Out with the Old, In with the New

- The statement, 'We are what we eat' is very true. Another way to state it is 'Garbage In = Garbage Out'.
- Our eating habits are largely programmed behavior with a touch of availability added in. But we can break away from poor dietary habits.
- Start with food choices.
 - Name some 'bad' foods. [carbs., bread, fat, sugar, candy, soda, 'anything that tastes good', etc.]
 - Now name some 'good' foods. [vegetables, fruit, lean meat, water, etc.]

Guess What?

- There is no such thing as a *'good'* or *'bad'* food.
 - ALL FOODS CAN FIT** into a healthy meal plan – with adjustments.



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Variety is the Spice of Life

- The keys are **MODERATION, BALANCE, and VARIETY.**
- **Moderation:** Eat only until you are satisfied, not 'stuffed'. If you want 'seconds' vegetables are best. Vegetables are the lowest calorie food group and very high in nutrients and hunger-busting fiber.
- **Balance:** For weight management it is best to balance your calorie intake with your calorie expenditure. Not very active? Eat less calories. Quite active? You need more calories.
- **Variety:** For healthy bodies, choose a wide variety of foods from all food groups. The more color on your plate, the more nutritional value and fullness value.



UNHEALTHY EATING HABITS

Snack Smart

- Why are snacks important for our health? [prevent hunger, improve metabolism and energy production]
- Including a healthy snack in the mid afternoon can prevent that feeling of fatigue at the end of the day, improve metabolism, and prevent overeating at the next meal.
- Name some simple healthy snacks. [fruit, whole grain bread or crackers, raw veggies, peanut butter, cottage cheese, yogurt, pretzels]
- In the '*All Foods Can Fit*' plan, almost any food is okay for snacks. Just remember to limit the quantity of those high fat/sugar/calorie foods.
- Keep in mind the lower the calorie of your food choices, the more food you can actually enjoy eating.