We are What We Eat – Connecting Food and Health
Do you know someone with Diabetes? High blood pressure? Anorexia Nervosa?

We are going to find out more about diet-related illnesses in this lesson.
Eating disorders are serious and dangerous. People with these disorders often need help to overcome them.
Eating disorders are emotional illnesses that are dangerous to a person’s health. Long-term medical problems can result including:

- Heart and kidney problems
- Breathing difficulties
- Digestive troubles

Do you know anyone who has an eating disorder? How would you try to help them?
Some people are sensitive to foods or substances in food.

Examples:
• Lactose intolerance – the inability to adequately digest lactose, the sugar found in milk products
• Gluten intolerance - the inability to digest gluten, a protein found in wheat, rye, barley, and perhaps oats

Do you know anyone with a lactose or gluten intolerance? What are their symptoms?
Consult with a physician to diagnose and treat an allergy if you think you have one.

What can happen to someone if they were allergic to peanuts and they ate a peanut butter sandwich? Discuss consequences.
Your body can develop problems if you don’t fuel it properly.

Diet can affect health in many ways:

- Short-term energy
- Body weight
- Vitamin deficiencies
- Mineral deficiencies
- Long-term strain on organs
- Disease prevention
- Age and appearance
The Dietary Guidelines for Americans are jointly issued and updated every 5 years by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). They provide authoritative advice for Americans ages 2 and older about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

Click on hyperlink to view video:
Finding a Balance
The key is FINDING A BALANCE in your lifestyle that includes healthy eating and regular physical activity.
Questions?
References and Resources

Images:
• Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

Video:
• Finding Balance
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