We are What We Eat – Connecting Food and Health

Nutrition Research
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Eating Disorders
Food Allergies
Medical Conditions
Dietary Guidelines for Americans

DIET-RELATED ILLNESSES
Eating Disorders

• A complex illness
• Involves harmful attitudes about
  – body
  – self
  – food

• Anorexia Nervosa
• Bulimia Nervosa
• Binge-Eating Disorder
Warning Signs

• Refusing to eat
• Eating very little
• Extreme weight loss
• Frequent and intense exercise
• Eating secretly

• Disappearing after eating
• Unhealthy teeth and gums
• Loss of menstrual cycle
• Use of diet pills or laxatives
Food Allergies

• An allergic reaction to a substance in food
• Body’s immune system reacts
• Even small amounts of food can cause a reaction

May be life-threatening

• May cause:
  – Rash
  – Swelling of the eyes, lips or throat
  – Itching
  – Stomach cramps
  – Runny nose
  – Headache
  – Nausea
  – Vomiting
  – Diarrhea
  – Difficulty breathing
Common Food Allergies

- Peanuts
- Shellfish
- Tree nuts
- Fish
- Eggs
- Soybeans
- Wheat
- Milk

Solution
- Avoid the food
- Find a substitution
Medical Conditions

• Recurring or taking place over a long period of time

• May require:
  – special eating plans
  – medical nutrition therapy

• Anemia
• Diabetes
• Coronary heart disease
• Goiter
• High blood pressure
• High cholesterol
• Osteoporosis
• Rickets
Dietary Guidelines for Americans

- Build a healthy plate
- Cut back on foods high in solid fats, added sugars and salt
- Eat the right amount of calories for you
- Be physically active your way

Finding a Balance
(click on link)
Questions?
References and Resources

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

Textbooks:

Video:
• Finding Balance
The key is FINDING A BALANCE in your lifestyle that includes healthy eating and regular physical activity.