

**ARE WE AWARE OF
THE IMPORTANCE
OF FOOD?**

❏ What's happening with our eating habits

❖ Modern food

❏ Modern lifestyle

❏ Facts about children

❏ Facts about Slovenes

❏ World facts

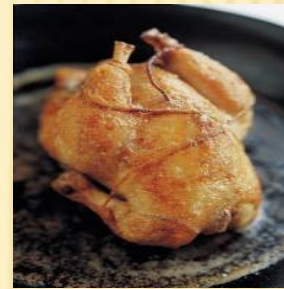
❏ Balanced diet

WHAT'S HAPPENING WITH OUR EATING HABITS?

- Ready-to-eat, microwavable, drive through, take-out meals, backseat breakfasts, eating out;

Modern food

- attractive appearance and taste
- unbalanced
- rich in calories
- high in fat & sugar
- Larger portion sizes
- one of the reasons for the emergence of modern diseases: cardiovascular disease, obesity, diabetes, fatigue, mood swings, headaches, digestive problems, restless sleeping



MODERN LIFESTYLE

- Two-parent working families
=the norm
- Kids are overscheduled
- cooking and eating at home
=less of a priority
- Sedentary lifestyle



A HALF CENTURY AGO...

- women took charge of the cooking responsibilities
- did not work outside the home, spend time for planning, shopping, and feeding families
- Preparing meals three to five hours each day
- gathered at regular dinner hours, ate together, shared stories about their days
- no microwave ovens, toaster ovens or pre-packaged one-dish dinners

REALITY

- women have entered the workplace
- children spend their days in day care or engaged in extracurricular activities
- Working hours have changed▫ skipping lunch and eat late in the afternoon/evening
- we transformed lunch into a snack and dinner has become lunch

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- ❑ lack of time to engage in ex
 - ❑ Children prefer to eat more, consume sugar-sweetened drinks
 - ❑ increase the risk for obesity
 - ❑ fewer meals at home
 - ❑ more fried food
 - ❑ more saturated fat



FACTS ABOUT CHILDREN

- Body mass index is increasing
- The predominance of obesity has increased: pupils aged 8 years- from 0.0% in 1983 to 9.6% in 2003
- the proportion of overweight and obesity has increased 3 times:
 - boys from 6.21% to 17.78%
 - girls from 6.37% to 18.48%



FACTS ABOUT SLOVENES

- ▣ A million Slovenians have high blood pressure
- ▣ 1.4 million have high cholesterol
- ▣ a million have high blood sugar
- ▣ 1.2 million have excessive or increased body weight
- ▣ a million Slovenians eat unhealthy
- ▣ Only 600,000 people are enough physically active



WORLD FACTS



- ▣ A research by WHO
- ▣ more than 1,6 billion adults are overweight, and 400 million obese
- ▣ by 2015 approximately 2,3 billion adults will be overweight and 700 million obese
- ▣ more than a third of Americans are obese

BALANCED NUTRITION

- ▣ what , how much, how and when do we eat?
- ❖ 4 to 6 meals per day
- ❖ Excellent regeneration
- ❖ energy throughout the whole day
- ❖ no accumulation of fat
- ❖ carbohydrates, proteins and fats

CARBOHYDRATES

- source of energy
- fuel
- complex carbohydrates
- ❖ wholemeal pasta, whole grain bread, legumes, brown and black rice,



PROTEINS

- 9 proteins
- milk, yogurt, cottage cheese, eggs, meat, fish

FATS

- ▣ 15 to 30 % of all kilocalories
- ▣ unsaturated fats
- ❖ olive oil, olives, peanut butter, avocados, nuts.
- ▣ avoid animal fats, whole milk, whole milk yogurt, dishes roasted in oil

FIBRES

- Normal intestinal function
- lowering the blood cholesterol
- smaller rise in blood sugar after feeding
- legumes, cereals, vegetables, fruits and nuts

IN GENERAL

- ▣ avoid larger amounts of fat and sugar
- ▣ foods that have a high glycemic index- raise level of blood sugar + quickly
 - cause=fatigue
- ▣ Drink water!
 - ❖ no energy value
 - ❖ occupies the largest part of the body
 - ❖ regulates body temperature
 - ❖ 1 liter /25 kilos of weight

