



Healthier Food Options

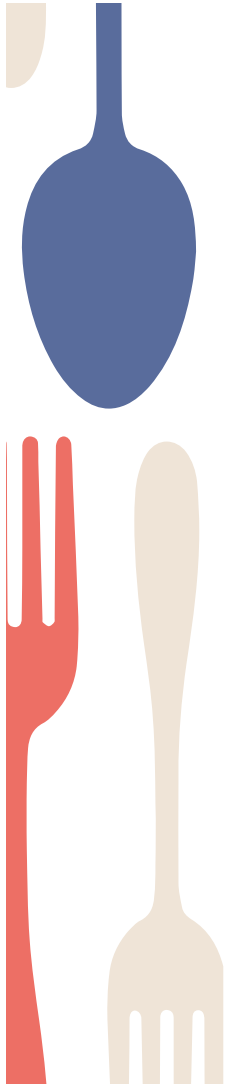
IN SERVICE TO PEOPLE WITH DEVELOPMENTAL DISABILITIES

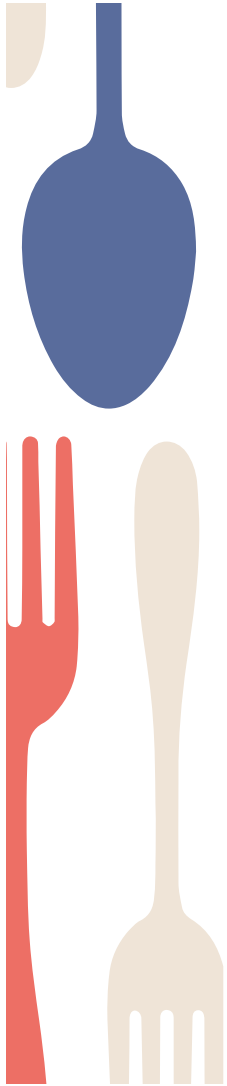


Disclaimer



The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.





The food we eat affects our body's digestion and gut health. Let's watch a video to learn more.



Video 1



Eating
Healthy
With
Quality
Food

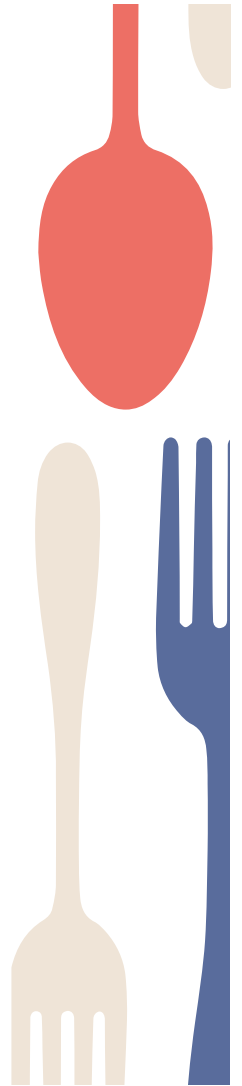
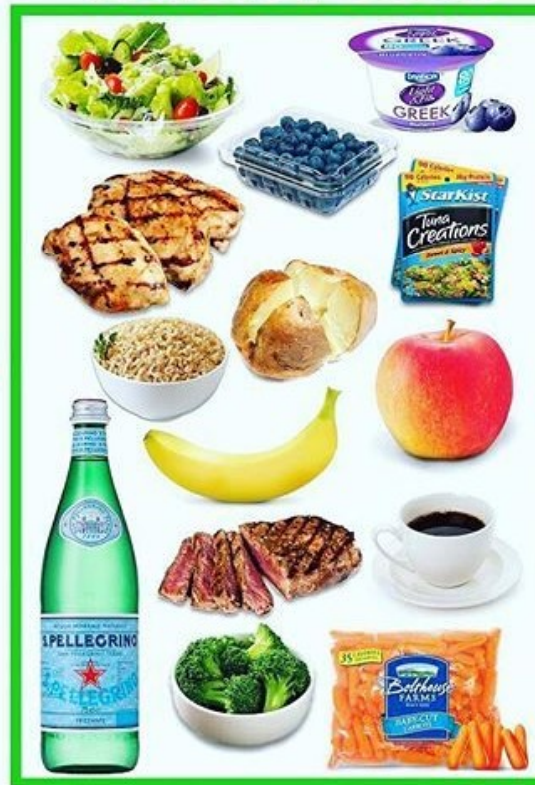
2000 CALORIES

@CARTERGOOD

Junk Food



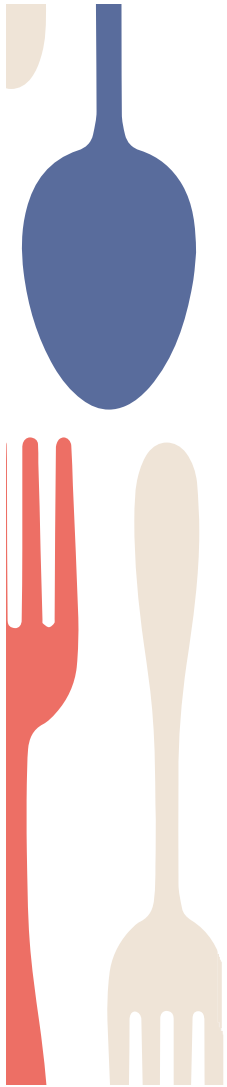
Whole Foods



Healthy food swaps ideas!

<p>BREAKFAST X 730 calories</p>  <p>Full of fillers & preservatives</p> <p>Protein: 24g Carbs: 121g Sugar: 63g</p>	<p>LUNCH X 610 calories FAST FOOD</p>  <p>Chicken Strips - DNA test showed 42.8% chicken</p> <p>Protein: 38g Carbs: 47g Sugar: 8g</p>	<p>DINNER X 970 calories</p>  <p>Hidden Ingredients: vegetable oil, corn syrup + more</p> <p>Protein: 37g Carbs: 84g Sodium: 1800mg</p>
<p>BREAKFAST ✓ 415 calories</p>  <p>Preservatives: NADA.</p> <p>Protein: 21.5g Carbs: 48.6g Sugar: 4.5g</p>	<p>LUNCH ✓ 400 calories HOME COOKED</p>  <p>Organic Free Range Chicken Nitrate-Free bacon</p> <p>Protein: 46.6g Carbs: 30.3g Sugar: 10.9g</p>	<p>DINNER ✓ 551 calories @MeowMeix</p>  <p>Hidden ingredients: Black pepper</p> <p>Protein: 37g Carbs: 43g Sodium: 186mg</p>

Do you have any food swap ideas?



Video 2



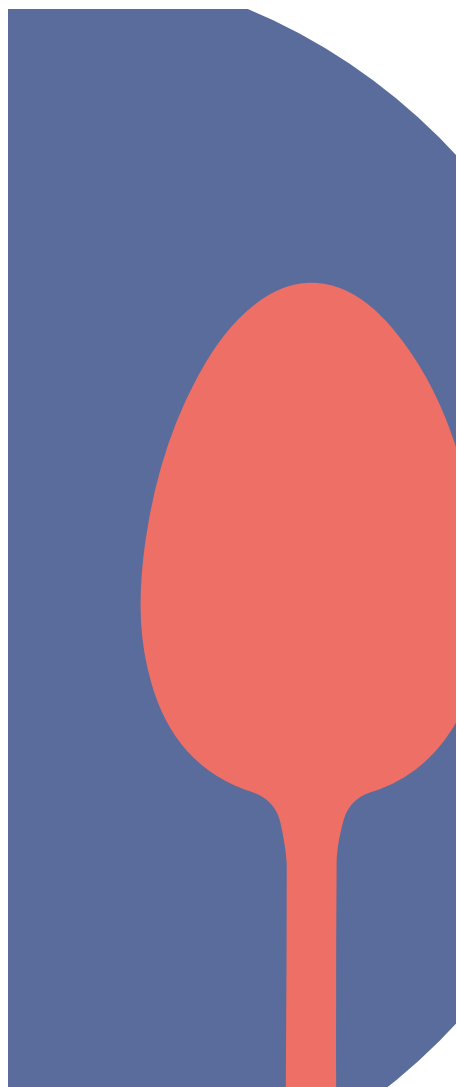
Watch out for unhealthy “healthy” food

DECEIVINGLY UNHEALTHY FOODS



Video 3





GO SLOW WHO



Use the light to eat right



GO!

Eat anytime.
Low in calories.
Very healthy.



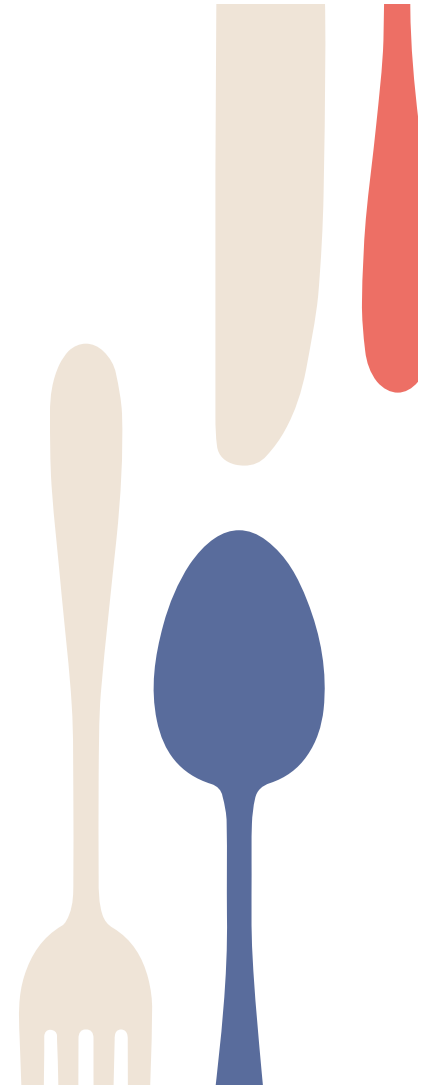
SLOW!

Eat several times
a week.
Medium in calories.
Healthy.



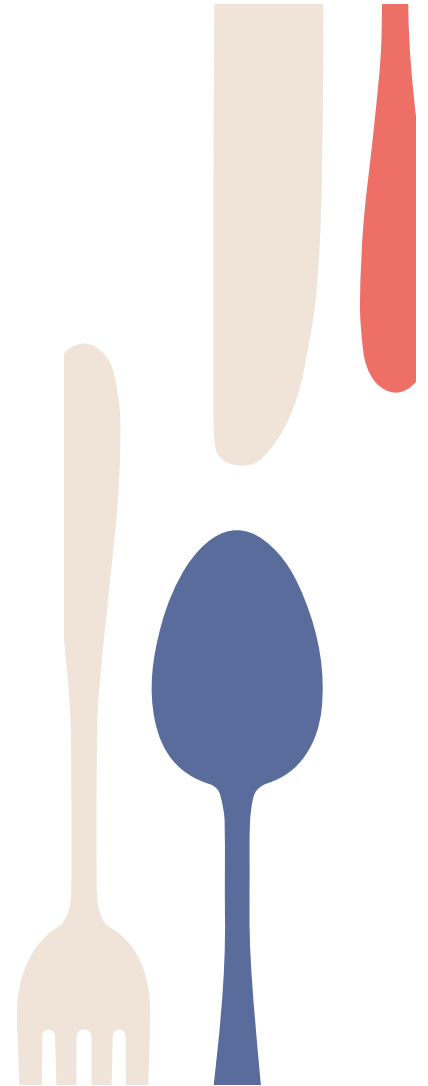
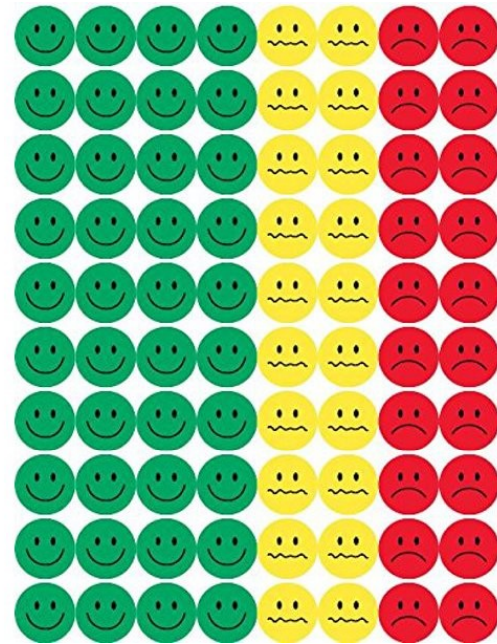
WHOA!

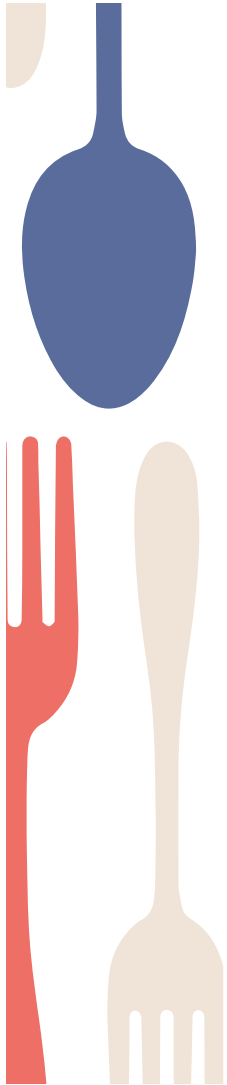
Eat only
now and then.
High in calories.
Not so healthy.



Fun Activity

Put color stickers on your food items at home!



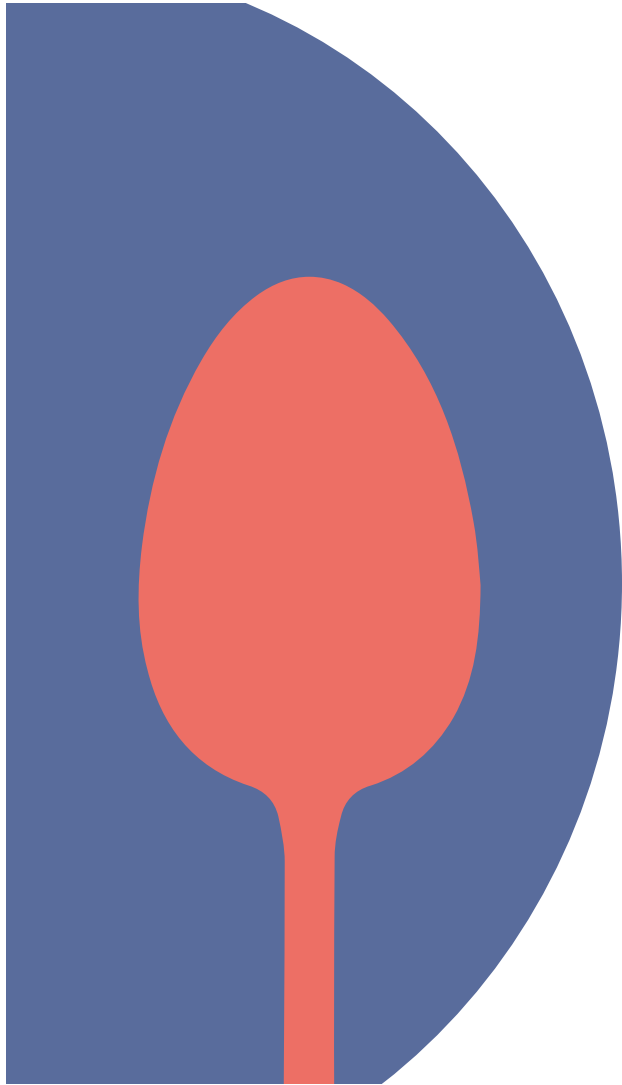


Checklist

- ☐ Identify **Go, Slow, Whoa** food at home.
- ☐ Practice reading food labels of your favorite snacks.
- ☐ What are some snacks you can swap for healthier options?
- ☐ Record this week's weight.
- ☐ Use Exercise Log Sheet to track this week's exercise



But Wait...
THERE'S MORE!



Quiz
Time!





Asparagus

go!



Tomato

go!



Carrots

go!



Mushrooms

go!



Banana

go!



Pineapple

go!



Mango

go!



Regular soda

whoa!



100% fruit juice

slow!



2 percent low-fat milk

slow!



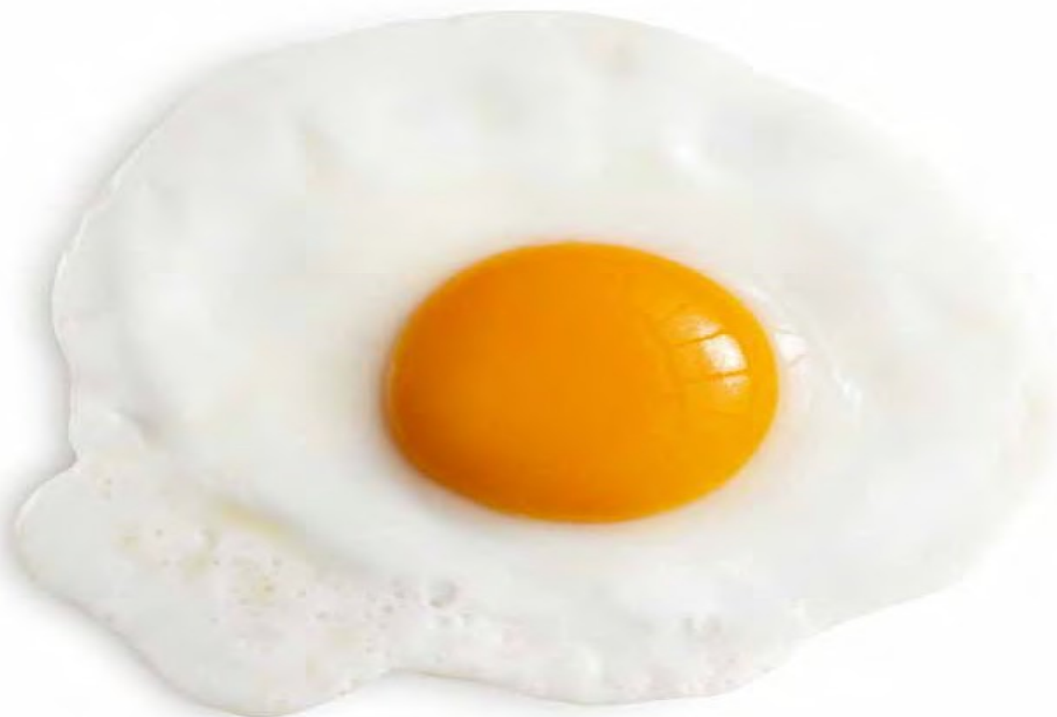
Frozen 100% fruit juice bars

slow!



Banana split

whoa!



Whole egg cooked with no fat

slow!



Macaroni and cheese

slow!



Mixed nuts

slow!



Chicken wings

whoa!



Hamburger

whoa!



Hot dog

whoa!



French fries

whoa!



Onion rings

whoa!



Chocolate snack bar

whoa!



Chocolate chip muffin

whoa!



Biscuit

slow!



Oatmeal with no sugar added

go!



Whole-grain bread

go!



Peanut butter and jelly sandwich on white bread

whoa!



Whole wheat pasta with tomato sauce

go!



Swiss cheese

whoa!



Pork rinds

whoa!



Tortilla chips

whoa!



Whole wheat Tortilla

go!



Tamales

slow!



Corn with no butter

go!



Collard greens cooked without fat

go!



Flan

whoa!



Cornbread

slow!



Pumpkin pie

whoa!



Hot sauce

go!



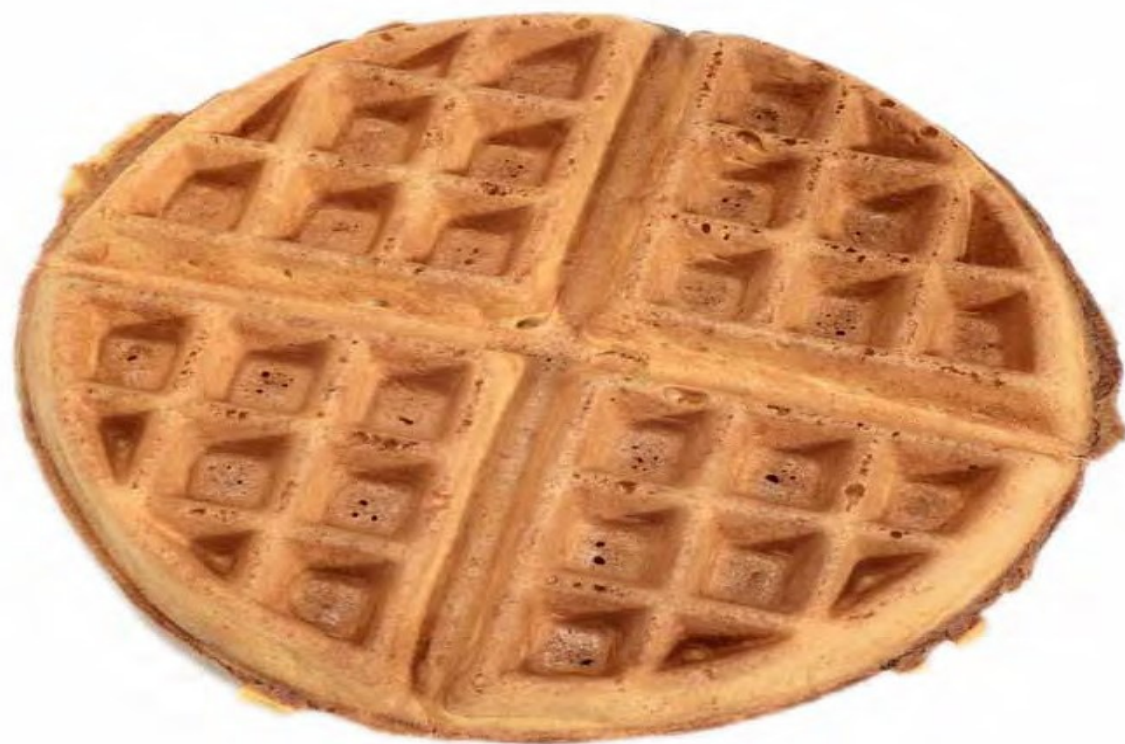
Black eyed peas

go!



Baked salmon

go!



Waffle

slow!



Low-fat yogurt

go!



Black beans

go!



Sausage

whoa!



Low-fat microwave popcorn

slow!



Pizza with veggies

slow!



Trimmed lean beef

go!



Avocado

slow!