Snatch 'Freshness' Amid Busy Schedules

W34-E-Unit1

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Introduction Preview

We often choose convenience over nutrition in our busy life.

Let's find simple ways to eat smart!

Introduction Preview

01 How to balance delivery and nutrition

02 Avoid eating high-calorie food

03 Establish a long-term balanced diet

Main point #1

How to balance delivery and nutrition?

Online food delivery platforms

detailed and summarized **nutritional information**

national **nutrition standards**

automatic **nutrition calculators**

low or no-calorie drinks and salad in meal combinations

Avoid these foods

combo

fast food

pizza

fried food

dessert

cake

Nutrients of **Concern**

High
saturated fat

High
sodium

Low
dietary fibre

Main point #2

Avoid eating high-calorie food

The reason why people tend to eat high-calorie food when they are busy

Convenience

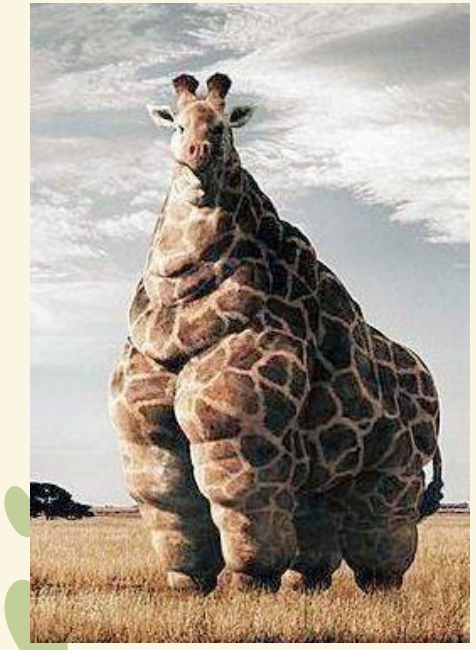
Long-term skipping breakfast

Stress relief

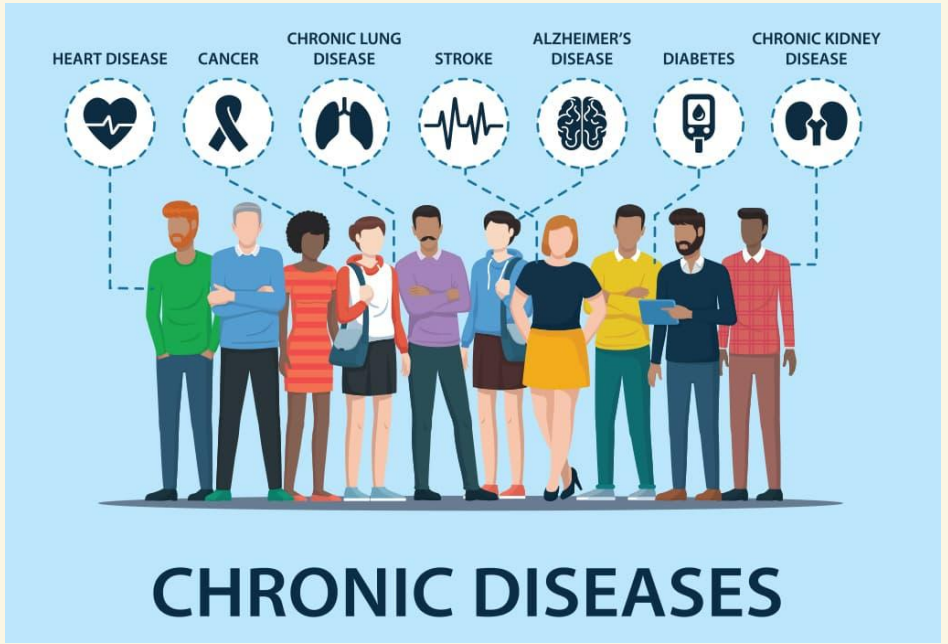
Habit formation

Dopamine release

However…it may cause:



Obesity



Chronic disease

Mental health disorders

Solutions

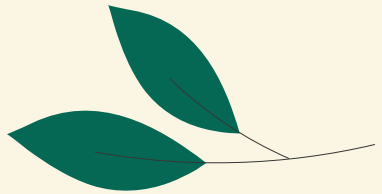
Workout

Consume carbohydrates instead of high-calorie food

Health check-up

Main point #3

Establish a long-term balanced diet



Six Categories of Food

whole grains

vegetables

fruits

milk and dairy products

legumes, fish, eggs, meat

oils, fats, nuts ,seeds

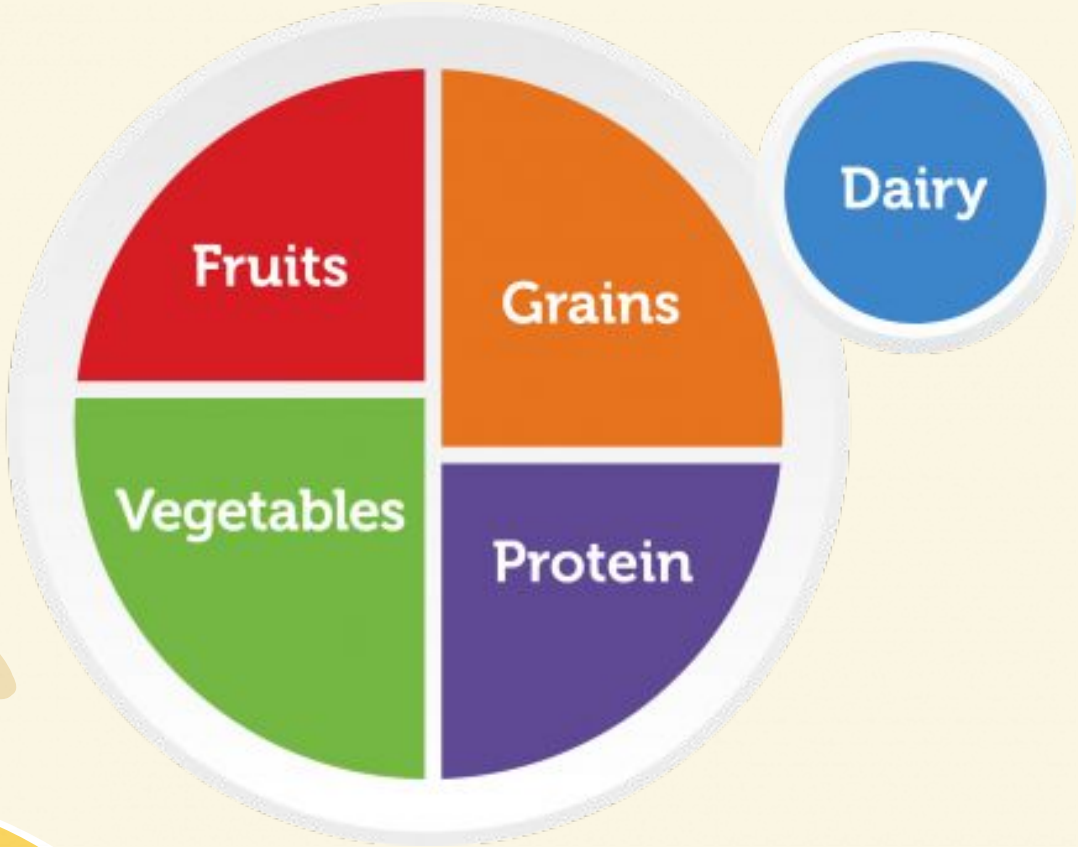
How many calories do I need a day?

	Underweight	Normal weight	Overweight
light workload	35 kcal * current weight(kg)	30 kcal * current weight(kg)	20 kcal * current weight(kg)
medium workload	40 kcal * current weight(kg)	35 kcal * current weight(kg)	30 kcal * current weight(kg)
heavy workload	45 kcal * current weight(kg)	40 kcal * current weight(kg)	35 kcal * current weight(kg)

Recommended daily dietary intake

	1200 kcal	1500 kcal	1800 kcal	2000 kcal	2200 kcal	2500 kcal	2700 kcal
Whole grains(bowls)	1.5	2.5	3	3	3.5	4	4
Beans, fish balls and meat (servings)	3	4	5	6	6	7	8
Dairy products(cups)	1.5	1.5	1.5	1.5	1.5	1.5	2
Vegetables(servings)	3	3	3	4	4	5	5
Fruits(servings)	2	2	2	3	3.5	4	4
Oils, fats, nuts and seeds (servings)	4	4	5	6	6	7	8

MyPlate



In 2011 the USDA introduced "MyPlate"

- Fruits
- Grains
- Vegetables
- Protein
- Dairy

Fasting

Fasting may consist of skipping a few meals or going a few days or weeks without food,but it can be medically dangerous.

Conclusion-Review

Main point #1 in different words:

Don’t choose unhealthy food

Main point #2 in different word : Calorie Control

Main point #3 in different words:

Create a healthy eating plan

Q&A Session

- Q1:Which nutrients should we pay attention to?(Just say one)
- A1:High saturated fat / High sodium / Low dietary fibre
- Q2:What happens to our bodies if we eat too much high-calorie food?(Just say one)
- A2: Obesity/Mental health disorders/chronic disease
- Q3:Which four basic food groups are included on MyPlate?
- A3:Fruits / Grains / Vegetables / Protein

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Thanks!