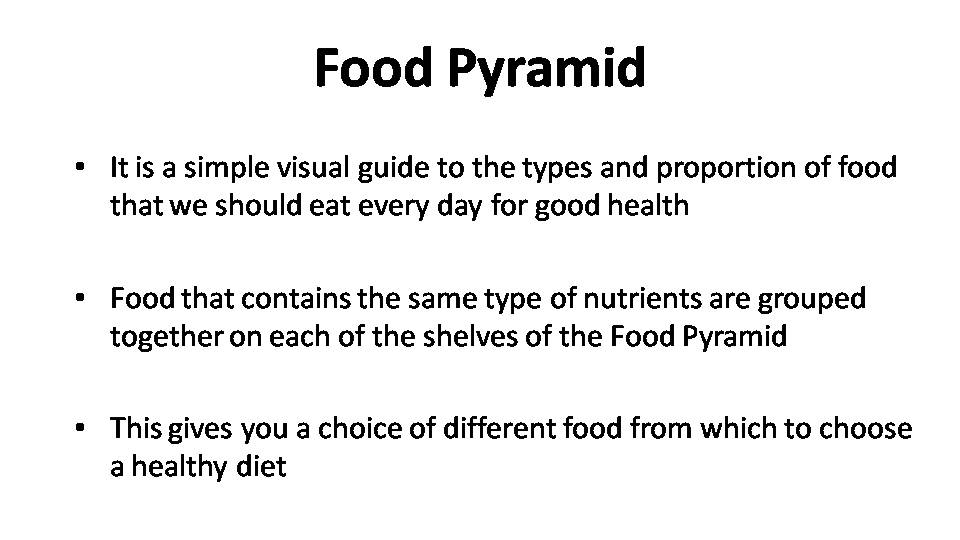
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# Chapter 4: Food Pyramid

**S1:** Hello! Welcome and thanks for choosing this video course. In this video, we are going to talk about the food pyramid. Without further ado, let’s get started!



**S2:** So what exactly is Food Pyramid?

It is a simple visual guide to the types and proportion of food that we should eat every day for good health.

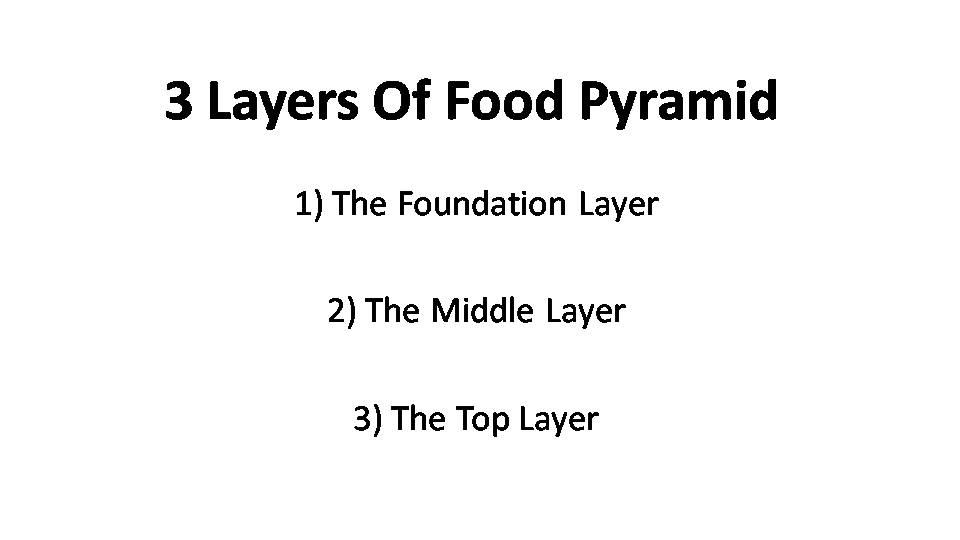
Food that contains the same type of nutrients are grouped together on each of the shelves of the Food Pyramid.

This gives you a choice of different food from which to choose a healthy diet.



**S3:** Using a food pyramid as a tool to follow different dietary guidelines is a good start in the right direction. it will help you get the right balance of nutritious food

within your calorie range.

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**S4**: Now, we'll further elaborate on the different layers of Food Pyramid. There are 3 Layers Of Food Pyramid which include:

1) The Foundation Layer

2) The Middle Layer

3) The Top Layer

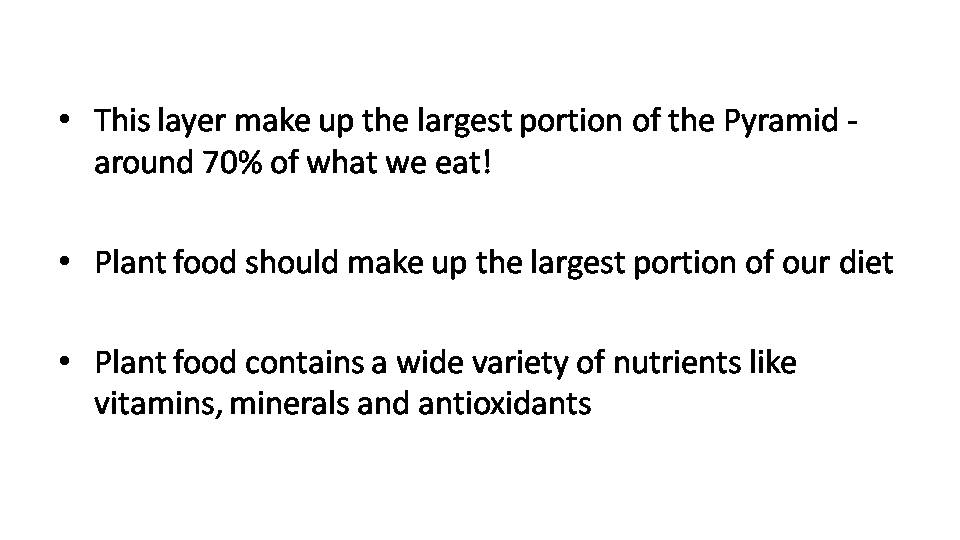
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### S5: 1) The Foundation Layer

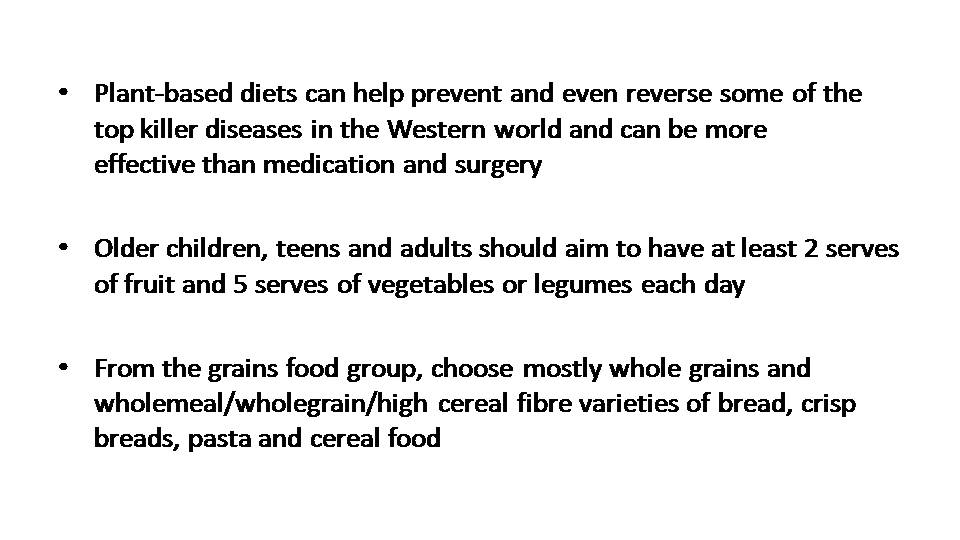


**S6: The foundation layer** includes the three plant-based food groups:

* **fruits**
* **grains**
* **vegetables and legumes**

**S7:** This layer make up the largest portion of the Pyramid - around 70% of what we eat!

Plant food should make up the largest portion of our diet. Plant food contains a wide variety of nutrients like vitamins, minerals and antioxidants. They are also the main source of carbohydrates and fibre in our diet.

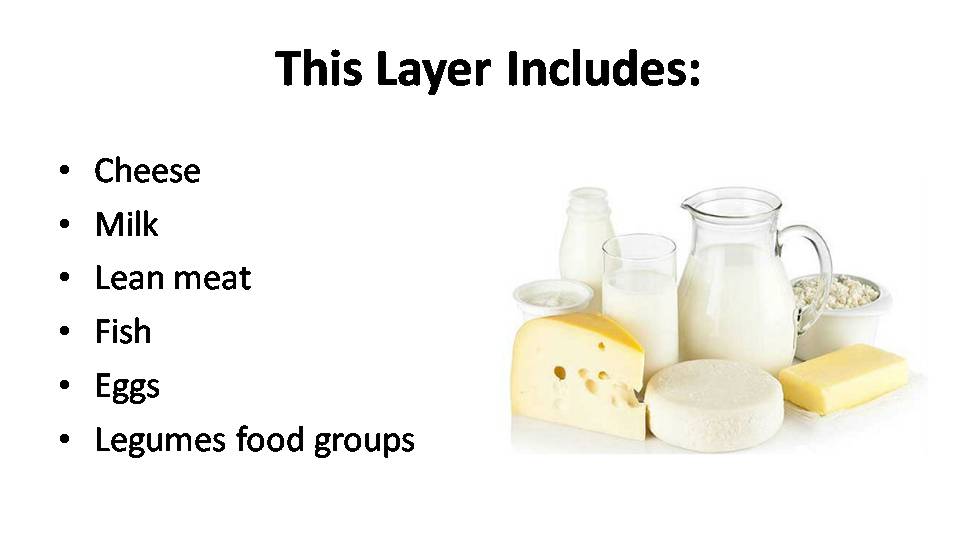


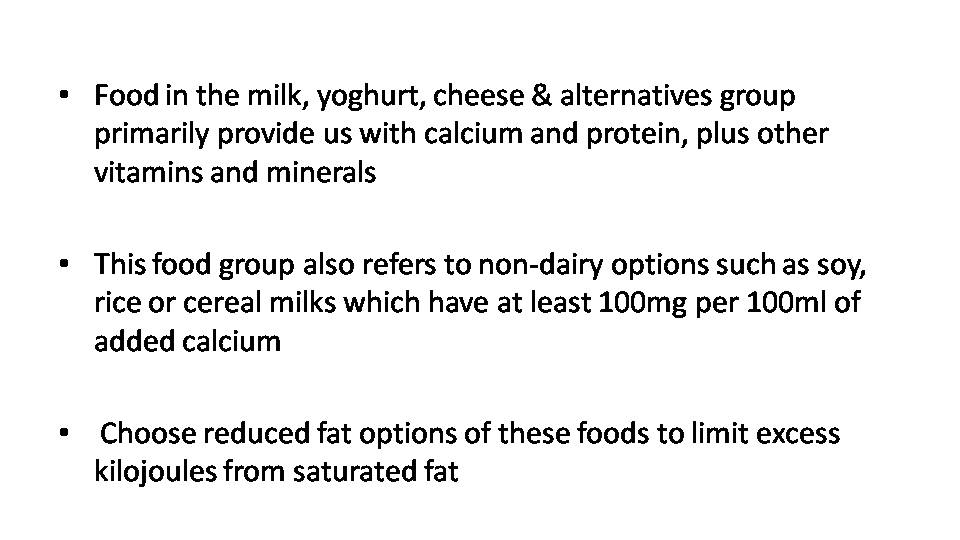
**S8:** A significant [convergence of evidence](http://nutritionfacts.org/videos/convergence-of-evidence/) suggests that plant-based diets can help [prevent](http://nutritionfacts.org/videos/mitochondrial-theory-of-aging/) and even [reverse](http://nutritionfacts.org/videos/cancer-reversal-through-diet/) some of the top killer diseases in the Western world and [can be more effective](http://nutritionfacts.org/video/eliminating-90-of-heart-disease-risk/) than medication and surgery.

Older children, teens and adults should aim to have at least 2 serves of **fruit** and 5 serves of **vegetables or legumes** each day.

From the **grains** food group, choose mostly whole grains (such as quinoa, oats and brown rice), and wholemeal/wholegrain/high cereal fibre varieties of bread, crisp breads, pasta and cereal foods (over highly processed, refined varieties).

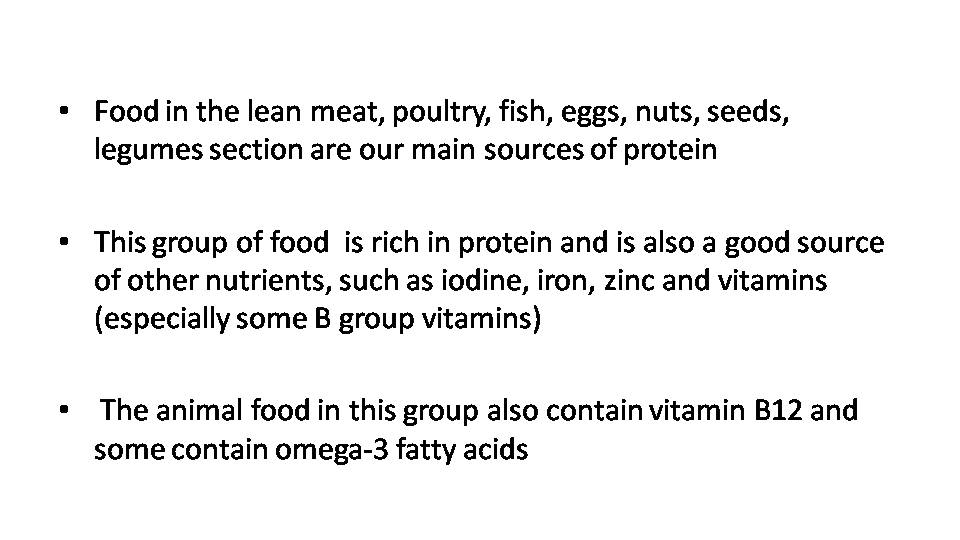
**S9:** 2) The Middle Layer

**S10**: This layer includes the yoghurt, cheese, milk & alternatives and the lean meat, fish, eggs and legumes food groups.



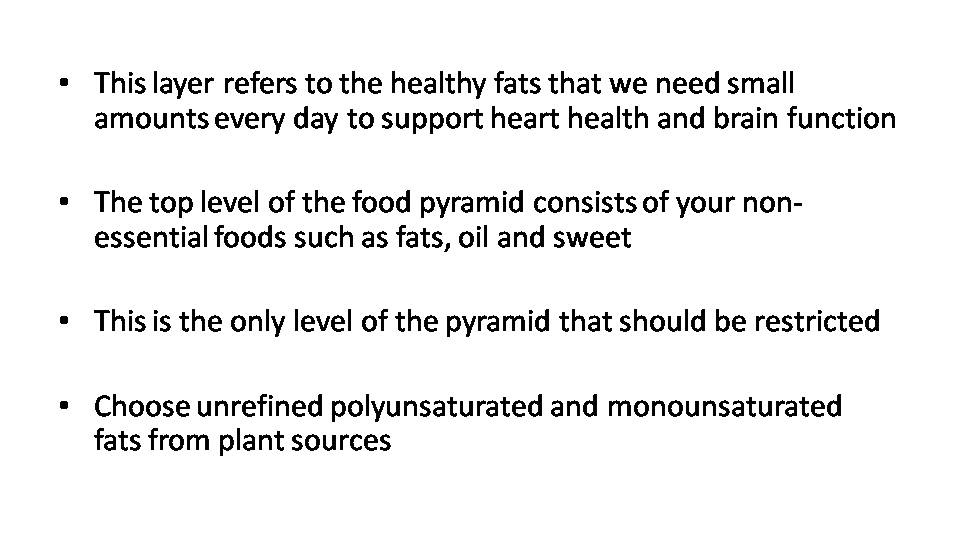
**S11:** Food in the**milk, yoghurt, cheese & alternatives** group primarily provide us with calcium and protein, plus other vitamins and minerals.

This food group also refers to non-dairy options such as soy, rice or cereal milks which have at least 100mg per 100ml of added calcium. Choose reduced fat options of these foods to limit excess kilojoules from saturated fat.



**S12**: Food in the**lean meat, poultry, fish, eggs, nuts, seeds, legumes** section are our main sources of protein. This group of food is rich in protein and is also a good source of other nutrients, such as iodine, iron, zinc and vitamins (especially some B group vitamins). The animal food in this group also contain vitamin B12 and some contain omega-3 fatty acids.

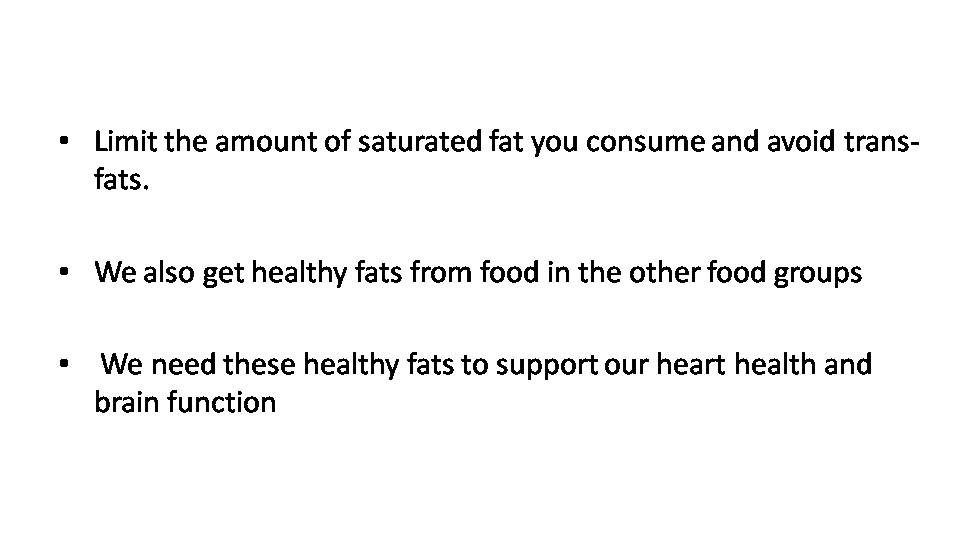
**S13**: 3) The Top Layer



**S14:** This layer refers to the healthy fats that we need small amounts every day to support heart health and brain function.

The top level of the food pyramid consists of your non-essential foods such as fats, oil and sweet. This is the only level of the pyramid that should be restricted. There are no serving guidelines for this level and you should generally try to avoid food that are high in fat or sugar.

We should choose food that contain healthy fats instead of food that contain saturated fats and trans-fats.



**S15:** Choose unrefined polyunsaturated and monounsaturated fats from plant sources, such as extra virgin olive oil, nut and seed oils.

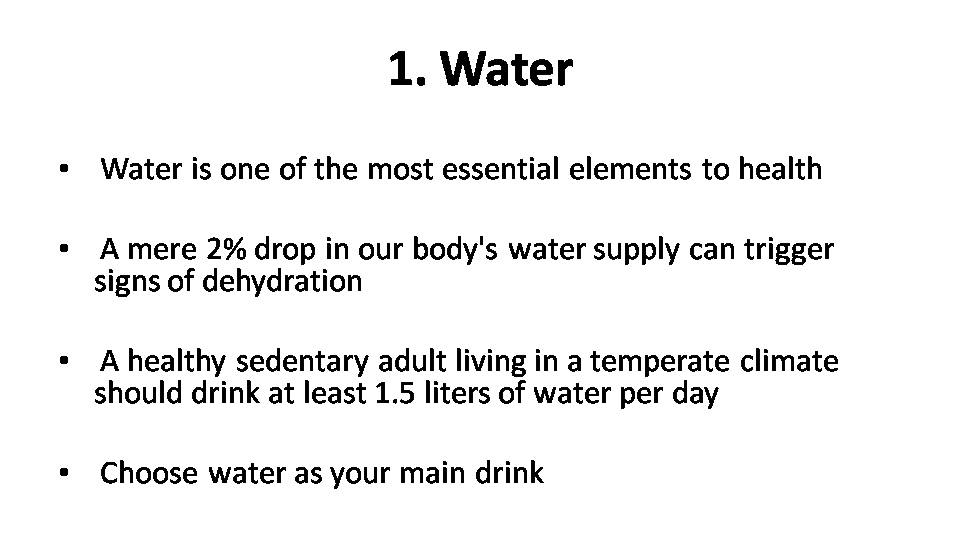
Limit the amount of saturated fat you consume and avoid trans-fats. We also get healthy fats from food in the other food groups, such as seeds, avocados, fish and nuts. We need these healthy fats to support our heart health and brain function.



## S16: The Healthy Eating Guidelines

The shape of the Food Pyramid immediately suggests that some food are good and should be eaten often, and that others aren't so good and should be eaten only occasionally. The layers represent major food groups that contribute to the total diet. **HOW TO LINK**

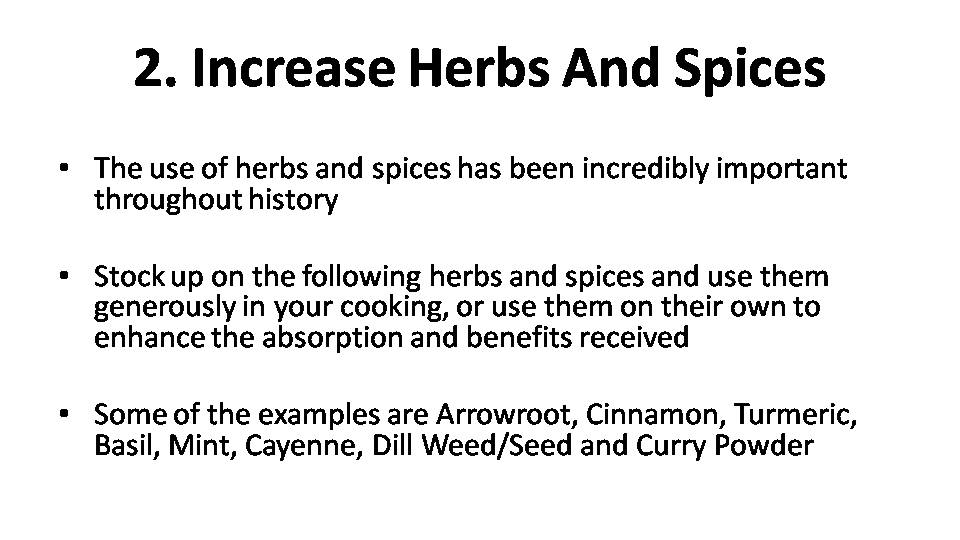
1. Choose water
2. Increase herbs and spices
3. Limit salt and added sugar
4. Limit sodium
5. Limit added sugar

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### S17: 1. Choose Water

Water is one of the most essential elements to health. A mere 2% drop in our body's water supply can trigger signs of dehydration. A healthy sedentary adult living in a temperate climate should drink at least**1.5 liters of water per day.** This level of water intake balances water loss and helps keeping the body properly hydrated.

The water you consume through food and drinks follows a very precise route to arrive in your cells, of which it is a vital constituent. Therefore, choose water as your main drink, and avoid sugary options such as soft drinks, sports drinks and energy drinks.

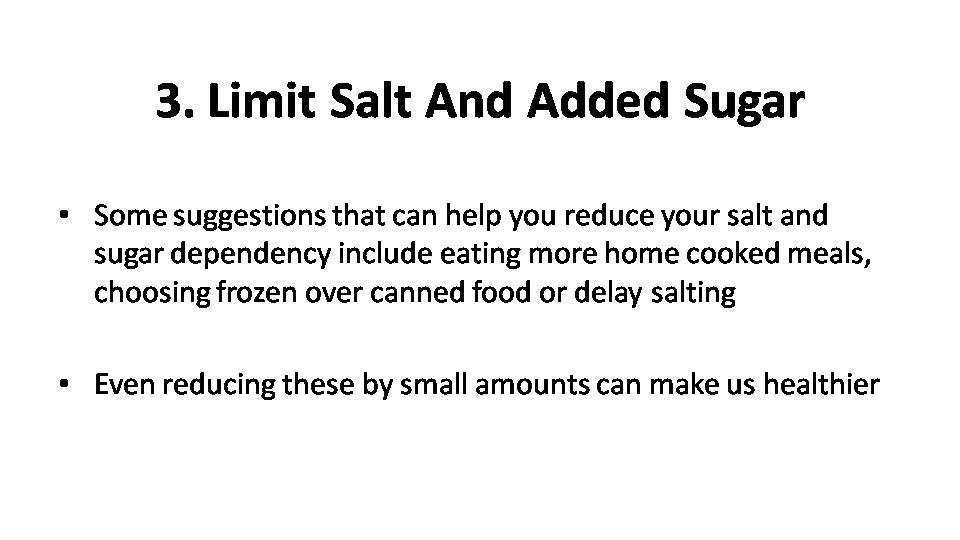
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**S18: 2)Increase Herbs And Spices**

The use of herbs and spices has been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use.

If you’re looking to round out your healthy lifestyle, you’ll want to stock up on the following herbs and spices and use them generously in your cooking, or use them on their own to enhance the absorption and benefits received.

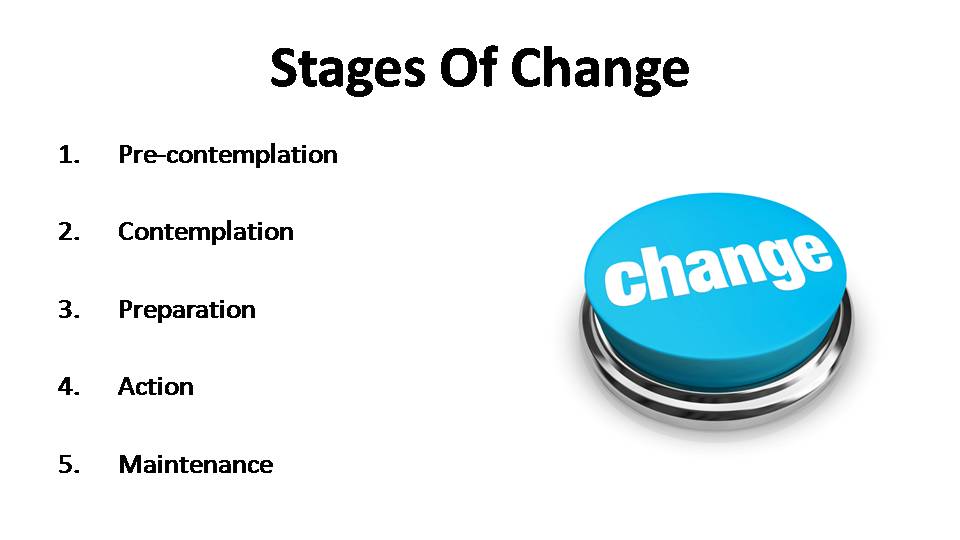
### Some of the examples are Arrowroot, Cinnamon, Turmeric, Basil, Mint, Cayenne, Dill Weed/Seed and Curry Powder



### S19: 3) Limit Salt And Added Sugar

The Food Pyramid reminds us to limit our intake of salt and added sugar. This means avoiding adding salt or sugar to food when we’re cooking or eating, and avoiding packaged foods and drinks that have salt or added sugar in the ingredients.

Some suggestions that can help you reduce your salt and sugar dependency include eating more home cooked meals, choosing frozen over canned food or delay salting. Even reducing these by small amounts can make us healthier.

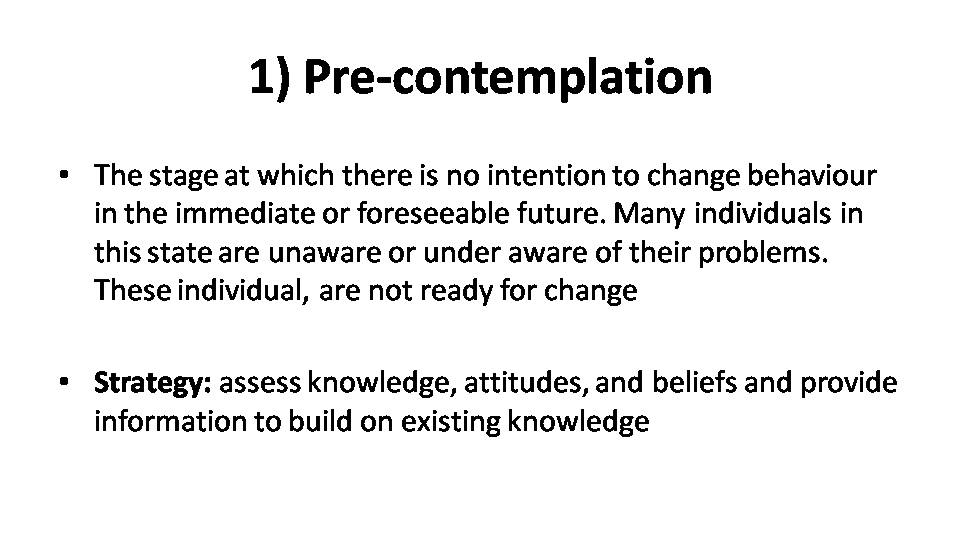


## S20: Stages Of Change

Last but not least, there are five stages of change that have been conceptualized for a variety of problem behaviour. Each of these stages describes an individual’s attitude toward behaviour change. Trying to change behaviour before one is ready usually results in failure to develop new healthy behaviours. Small steps are the best bet for long-term results.

The five stages are:

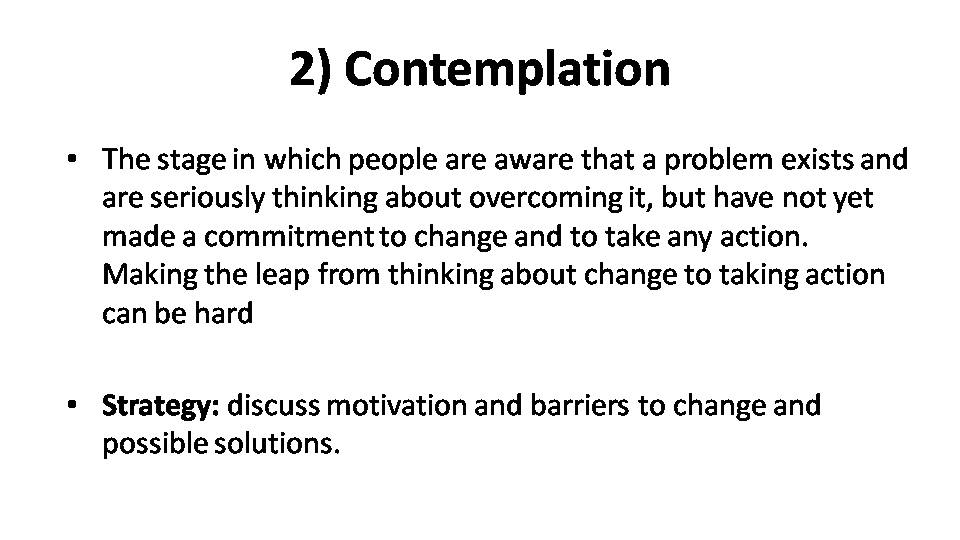
1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

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### S21: 1) Pre-contemplation

The stage at which there is no intention to change behaviour in the immediate or foreseeable future. Many individuals in this state are unaware or under aware of their problems. These individual, are not ready for change.

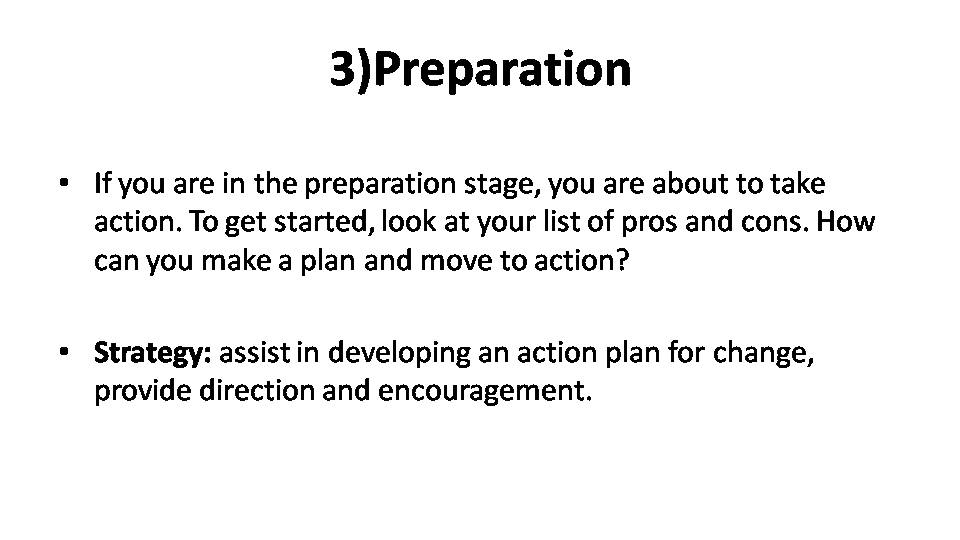
**Strategy:** assess knowledge, attitudes, and beliefs and provide information to build on existing knowledge.



### S22: 2) Contemplation

The stage in which people are aware that a problem exists and are seriously thinking about overcoming it, but have not yet made a commitment to change and to take any action. Making the leap from thinking about change to taking action can be hard. Asking yourself about the pros (benefits) and cons (things that get in the way) of changing your habits may be helpful.

**Strategy:** discuss motivation and barriers to change and possible solutions.



### S23: 3)Preparation

If you are in the preparation stage, you are about to take action. To get started, look at your list of pros and cons. How can you make a plan and move to action?

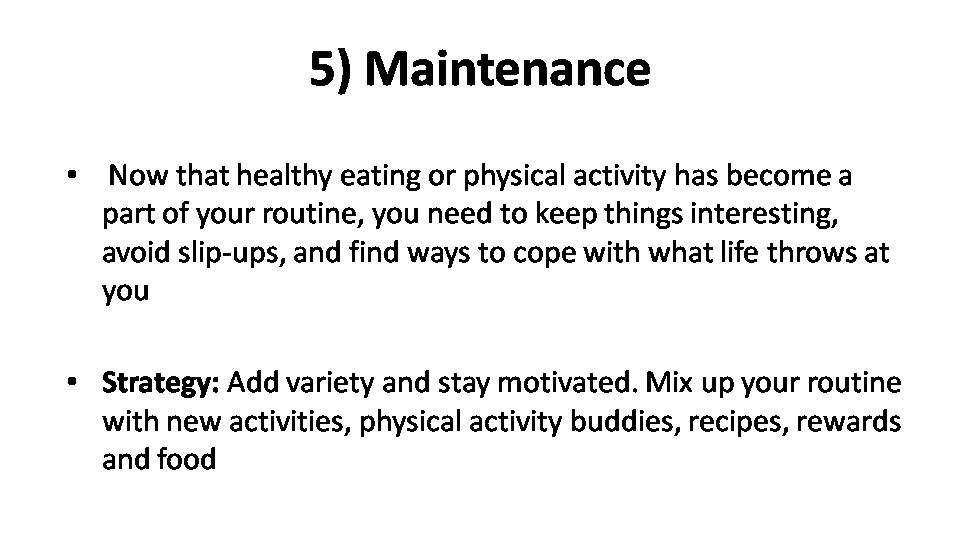
**Strategy:** assist in developing an action plan for change, provide direction and encouragement.

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### S24: 4)Action

The stage in which individuals modify their behaviour, experiences, or environment in order to overcome their problems. Action involves the most overt behavioural changes and requires a considerable commitment of time and energy.

**Strategy:** reinforce decisions for change, offer continued support and reinforcement for positive changes.



### S25: 5) Maintenance

Now that healthy eating or physical activity has become a part of your routine, you need to keep things interesting, avoid slip-ups, and find ways to cope with what life throws at you.

**Strategy:** Add variety and stay motivated. Mix up your routine with new activities, physical activity buddies, recipes, rewards and food.