



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MOderní MEtody s Novými Technologiemi
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Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
Tematický okruh:	Basic rules of healthy diet
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Anotace:	Popis zásad zdravého stravování a popis mýtů týkajících se zdravé stravy. Popis onemocnění příjmu potravy.

Healthy diet

- We need food and water to live
- However it does matter - what we eat and drink and how much!
- The best „healthy diet“ is not eat less or not to eat certain food but to keep calorie balance.
- There are, of course, some kinds of food that are **harmful** for us so we should avoid them.

Myths

- **Eat less to get slimmer** – starving is not the way. Your body starts to store calories in the form of fat for later. It's better to keep calorie balance.
- **Calories at night are more fattening than in the morning** – it doesn't matter when you eat them – what matters is total intake of calories
- **You have appetite to some food because you need the nutrients they provide** – it's just about satisfying emotional needs – it usually comes when you can't have sth
- **Carbohydrates make you fat** – if you stick to „good carb“ food – beans, whole grains, vegetables, fruits – they won't make you fat

Basic rules of healthy diet

- **Eat variety of food** - to get sufficient nutrition income every day (vitamins, minerals, fat, proteins, fiber, carbohydrates).
- **Eat enough of high-fiber food** - beans, fruits, vegetables and whole grains. Fiber helps to slow down the absorption of carbohydrates so it means that less sugar gets into the slower and your glycemic index is low.
- **Eat enough fruits and vegetables** - !Remember fruits and vegetables should create the half of your plate! They contain antioxidants that may protect you against cancer.

- **Limit the intake of alcohol** - drinking alcohol may cause a variety of health problems and it may increase total calorie intake
- **Watch your weight** - keep balance between calorie input and output and do a physical activity (especially aerobic one – which is of relatively low intensity and depends primarily on the aerobic energy).
- **Avoid 3 white killers** - salt, sugar, white flour.
!Substitute sugars with stevia!
- **Keep your portions moderate** – especially if eating high-calorie food. !Use smaller plates!

- **Reduce consumption of saturated fats and trans-fats** – avoid eating in fast-foods and check food labels for these fats. Reduce consumption of animal fat which increases blood cholesterol
- **Eat more fish and nuts** – they consist of unsaturated fats. !Remember you should eat fish at least once a week!
- **Make sure to get enough minerals** – especially *calcium* (bones,teeth), *fluoride* (bones,teeth), *iodine* (hormonal balance), *iron* (blood, immune system), *manganese* (antioxidant), *sodium* (distribution of water), *magnesium* (300 processes; heart diseases)

Disorders

Anorexia

- being afraid of gaining weight and also think that the body is too fat.
- some just lose a lot of weight by not eating enough, and some also vomit after they eat.

Bulimia

- eating enormous amount of food, and then vomiting or taking laxatives and exercising a lot to burn the calories, usually in secret

Bigorexia

- a person becomes obsessed with the idea that he or she is not big (muscular) enough