Reteaching

Practicing Wellness

PROTECTING YOUR CIRCULATORY HEALTH

**Research has shown that a diet high in saturated fat and cholesterol can cause a buildup of waxy, fatty material called plaque in some people’s blood vessels. As the material builds up, the inner diameter of a blood vessel decreases. As a result, the heart has to work much harder to move oxygen-rich blood throughout the body, often resulting in high blood pressure and heart attacks.**

1. Use Internet resources to find out **the percentage** of daily total Calories the USDA recommends should come from total fat intake for adolescents.

2. An average amount of Calories needed per day by many adolescents is 2,000 Calories. (Your daily Calorie needs may be higher or lower depending on your age, sex, and activity level.) Using the answer to question 1, calculate **how many Calories** in a 2,000-Calorie diet should come from fat.

3. List the items in your favorite fast-food meal below. Then, visit the restaurant to request its nutritional information pamphlet, or locate nutritional information online. For each food, record the total amount of fat. Then, calculate the total amount of fat for the entire meal. How many of the Calories from total fat determined in question 2 would you consume in just one meal?

**USE THE CHART ON THE NEXT PAGE TO ANSWER THIS QUESTION**.

4. What could you do that would allow you to enjoy a meal with your friends, while still protecting your circulatory health?

Section: Choosing a Healthful Diet

Fast food restaurants provide nutrition information for their products upon request. Many restaurants also have nutrition information on their Web sites.

1. Record your **favorite fast-food meal** in the table below. Then, using nutrition information from the restaurant, complete the table.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Food | Calories | Fat (g) | Protein (g) | Carbo-hydrate (g) | Fiber (g) | Sodium (mg) |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Totals |  |  |  |  |  |  |

2. Using what you’ve learned about the MyPyramid food guidance system and your body’s nutrient needs, what substitutions could you make from the same restaurant’s menu to better meet your body’s needs?

3. Summarize how fast food can be incorporated into a healthful eating plan.