

# NUTRITION

✕ Chapter 4 – Lessons 5-6

# BODY IMAGE

Body image can be influenced by the attitudes of **family** and **friends** and images from the **media**.



**body image** The way you see your body

Trying to change  
your weight in  
extreme ways can  
**damage** your  
health and be **life**  
**threatening**.

# HOW TO DEVELOP A POSITIVE BODY IMAGE

How your body looks depends on your **gender** and the **traits** you inherited from your **parents**. These factors are out of your control. There is **no correct body** shape or size.

**Accept** yourself.

- Remember that you are growing and need nutrients. Many teens **grow** in spurts, and often they'll carry a few **extra pounds** for a while to prepare for the next spurt.

Set **reasonable** goals to gain or lose weight.



# FINDING YOUR HEALTHY WEIGHT RANGE

You feel better when you maintain a **healthy weight**.

Your healthy weight is not a single weight on the scale but a **range**.

Many **factors**, such as gender, age, height, inherited body type, and growth **pattern**, play a part in your healthy weight range.

# FINDING YOUR HEALTHY WEIGHT RANGE

The Body Mass Index (**BMI**) can tell you if your weight is within a healthy range.



**Body Mass Index** A method for assessing your body size by taking your height and weight into account

## Calculating BMI

1

Multiply your weight in pounds by 0.45.

2

Multiply your height by inches by 0.025.  
Square the result.

3

Divide your answer in step 1 by the answer in step 2.

# FINDING YOUR HEALTHY WEIGHT RANGE

# THE BENEFITS OF A HEALTHY WEIGHT

Being within a healthy weight range is important for wellness and helps you have a positive body image.

## Being **Overweight**

Increases risk of:

High blood pressure

Cardiovascular disease

Type 2 diabetes

Cancer

Bone and muscle damage

## Being **Underweight**

Increases risk of:

Slow development

Fatigue

Immunity problems

Moodiness

Remember that growth patterns may cause you to be overweight or underweight for a period of time. This is usually normal.



# EATING DISORDERS

People who feel bad about themselves or are **depressed** are more likely to develop eating disorders.

About **90** percent of the teens with eating disorders are **female**.

People with eating disorders may deny that they have a problem.



**eating disorders** Extreme eating behaviors that can lead to serious illness or even death

If you think that someone you know has an eating disorder, **discuss** this with an **adult** whom you **trust**.



# ANOREXIA NERVOSA

People with anorexia nervosa **believe** they are overweight even if they are very thin.



**anorexia nervosa** An eating disorder in which a person strongly fears gaining weight and starves herself or himself.

Anorexia can cause **blood pressure** to drop and heart damage.

People with anorexia nervosa may need to stay at a **hospital** or **clinic** to get treatment.

# BULIMIA NERVOSA

People with bulimia nervosa may purge themselves by **throwing up**, using **laxatives**, or over **exercising**.



**bulimia nervosa** An eating disorder in which a person repeatedly eats large amounts of food and then purges

Bulimia can **damage** the colon, liver, kidneys, esophagus, and teeth.

People with this disorder may be at a **normal weight** but still feel the need to go on an extreme diet.

People with this disorder **need** the services of a health care professional.

# BINGE EATING

Binge eating is also called **compulsive overeating**.



**binge eating** A disorder in which a person repeatedly eats too much food at a time

Binge eating can lead to weight gain, heart disease, diabetes, and some types of **cancer**.

Some people will binge as a way to deal with **depression**.

People who are binge eaters usually **need counseling**.



# CALORIES AND WEIGHT

Your body converts **food calories** into **energy** and stores the extra calories as fat, which makes you gain weight.

If you eat 250 fewer calories than your body burns each day, you can **lose one pound** after two weeks.

# CALORIES AND WEIGHT

## The Weight-Loss Energy Equation

**1 pound = 3,500 calories**

**To lose 1 pound in two weeks:**

- Eat 250 fewer calories a day

**OR**

- Burn 250 extra calories a day through physical activity

$$\frac{250 \text{ calories}}{\text{day}} \times 15 \text{ days} = 3,500 \text{ calories}$$

# TIPS FOR MAINTAINING A HEALTHY WEIGHT

**Balance** the calories you eat with the calories your body burns.

Choose healthful foods and stay physically **active**.

Drink plenty of **water**.

Eat larger servings if you need to **gain** weight.

Eat smaller servings if you need to **lose** weight.

Only eat when you are **hungry**.

**Chew** food thoroughly.

Avoid fad diets. Weight is often **gained back**. You miss out on Important **Nutrients**.

Use the MyPlate as your guide.