

Choosing A Healthy Diet



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Objectives

Learn about what a diet is.

Learn how to choose a diet for you

Learn how to maintain a diet



Vocab Words (WRITE THIS DOWN)

Diet

Calories

Maintain



Vocab Definitions (WRITE THIS DOWN)

Diet - a special course of food to which one restricts oneself, either to lose weight or for medical reasons.

Calories - A calorie is a unit that is used to measure energy. The Calorie you see on a food package is actually a kilocalorie, or 1,000 calories.

Maintain - keep (something) at the same level or rate.



What is a diet?

A diet is where you modify what you eat to meet a goal like losing weight or staying healthy. It is also important to keep moving by doing exercise during a diet to stay healthy.



Should you follow a pre-made diet?

It depends because you can have a pre-made diet but there may be risks for your body. Some diets may include foods that your body is not able to eat if you have food allergies. Though some may be completely fine for one person to eat but another person could not eat it. There are so many pre-made diets but you can always make your own.



Choosing a diet right for you

You should choose foods that have a healthy balance in nutrients and calories.

There are also other things you should keep in mind when choosing a diet some include, your past diets, your food preferences, your budget (\$), health conditions.

In your diet you want a mix of fruits and vegetables, whole grains, low-fat dairy products, protein, etc.



Diet Apps

There are many apps that have diet programs built into them but it also depends on who you are and if you wish to try and log all your food into an app. Most apps also require payment subscriptions to unlock their programs and it may not be a option for some people. Though you can always have a diet without an app.



Is a diet a good idea?

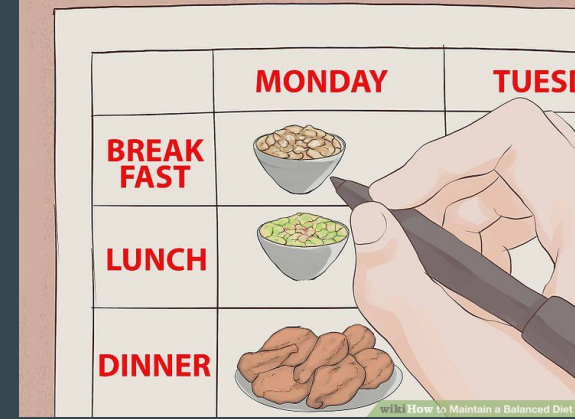
It depends. If you feel like you want to achieve a goal in weight, have a medication that requires only certain foods or just are very conscious on what you eat. Then a diet may be a good idea. Though it's up to yourself and it's up to you to maintain it.



How to maintain a diet

There are some ways to maintain a diet:

- Have weekly goals - A REWARD!
- Keep tempting food away
- Tell your friends about your diet so they don't eat foods in front of you that can cause you to break the diet.
- Make sure you feel happy, keep reminding yourself about what's at the end of the diet. (Your goals)



QUIZ TIME

1. What type of foods should you have in a diet?
2. Are diet apps a good idea for someone who wants to create a free diet?
3. If you have lots of food allergies should you follow a pre-made diet?
4. If you are wanting to manage what you eat should you have a diet?
5. What is 2 things that can help you maintain a diet?



QUIZ ANSWERS

1. In your diet you want a mix of fruits and vegetables, whole grains, low-fat dairy products, protein, etc.
2. Most apps also require payment subscriptions to unlock their programs and it may not be a option for some people.
3. Some diets may include foods that your body is not able to eat if you have food allergies. Make your own diet!
4. If you feel like you want to achieve a goal in weight, have a medication that requires only certain foods or just are very conscious on what you eat. Then a diet may be a good idea.
5. Have weekly goals, keep tempting food away