

Session 7 – Power Foods for a Healthy Lifestyle

I. Objectives

- Learn about different foods that contain healthy nutrients.
- Understand the importance of each nutrient.

II. Introduction

A study conducted by Bienestar investigators and published in the Journal of the American Dietetic Association in 2008 showed that many children were missing important nutrients needed for growth and metabolism.

Children who were found to be obese and with high blood sugars had low potassium, calcium, magnesium, phosphorus, and chromium. These nutrients help burn off unneeded fat, breakdown sugar and grow healthy.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The following are Power Foods that contain high levels of the super-nutrients found to be low in our body.

Calcium is found in milk, yogurt, cheese, white, navy and pinto beans, almonds, broccoli, oranges, and spinach.

Phosphorus is found in baked beans, whole wheat bread, oranges, cauliflower, ham and eggs.

Potassium is found in sweet potatoes, white beans, yogurt, tuna, bananas, spinach, peaches, milk and squash.

Magnesium is found in bran ready cereals, oatmeal, spinach, bananas, mixed nuts, beans, chicken and turkey.

Chromium is found in broccoli, whole wheat English muffins, grape juice, and potatoes.

The following foods are listed as healthy, nutrient-dense foods that help fight heart disease, fight off certain cancers, help normalize blood pressure, and prevent type 2 diabetes.

Apples – apples fight heart disease, protect against strokes, and the fiber in apples to control blood sugars.

Asparagus – protects against heart disease, certain birth defects, and boosts the immune system.

Avocados – Avocados contain healthy fats that protect against certain cancers, heart disease and high cholesterol.

Beans – are full of fiber and other nutrients that protect against high cholesterol, heart disease and cancer.

Blackberries & Blueberries – Contain powerful compounds and properties that protect against cancer, heart disease, high cholesterol, urinary tract infections and improve memory function.

Fish – Fish such as tuna, herring, mackerel and wild salmon (not farmed) contain important essential fats (Omega 3 fatty acids) that contribute to many health benefits such as preventing heart attacks/heart disease, reducing triglycerides, lowering blood pressure, and protecting against blood clots. Fish oils may also prevent certain cancers, strokes, lower cholesterol and many other disorders.

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Olive Oil – (extra virgin) Olive oil protects against cardiovascular disease, decreases total cholesterol, increases "good" cholesterol (HDL), decreases triglycerides, has anti-cancer effects and contains anti-inflammatory properties. However, it should not be used to fry as it has a low smoking point. Olive oil is best used as a salad dressing and as flavoring vegetables.

Pumpkin – Pumpkin is a high source of fiber, protects against damage from sunlight and protects against cancer. Pumpkins also protect against cataracts, and macular degeneration.

Spinach – Contains magnesium that contributes to overall production and function of insulin.

Tea (green, white, black) – Drinking tea can be very beneficial to preventing certain cancers and a possible reduction of the risks of heart attacks and strokes.

Tomatoes – Protects against certain cancers such as prostate cancer, colorectal cancer, pancreatic cancer and other types of cancer. Tomatoes also protect against heart disease.

Peanuts and Walnuts – Walnuts are an excellent source of omega 3- fatty acids and a very tasty way to lower the risk of heart disease and cholesterol.

This list is by no means complete.

V. Activity

List two power foods consumed every day.



Weekly Log: Power Foods

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Food 1							
Food 2							
Food 3							
Food 4							

