

“Fit & Fun Foods”

Presenters:

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Obesity of Americans is currently on the rise, in spite of all the “lite” and “low-fat” foods that are available. However, understanding what “healthy foods” really are is a step in the right direction. An ounce of prevention is worth a pound of cure.

1. “Perceived” food consumption is usually higher than “actual” food consumption.

Learn common mistakes we make in perceiving how much food we eat.

Learn simple ways to know how much is healthy.

2. There are both internal and external conditions that contribute to overeating.

Learn how to keep stress from initiating overeating.

“Genes are not destiny”; how much does heredity contribute to overweight?

3. Your own eating attitudes affect your overall health.

Be aware of your eating attitudes.

Learn how to make positive attitude changes.

4. “Balance and moderation” need to be better defined as we try to adjust our personal eating habits.

Learn how “balance & moderation” can be defined so differently.

Learn how to improve fun & fit eating choices.