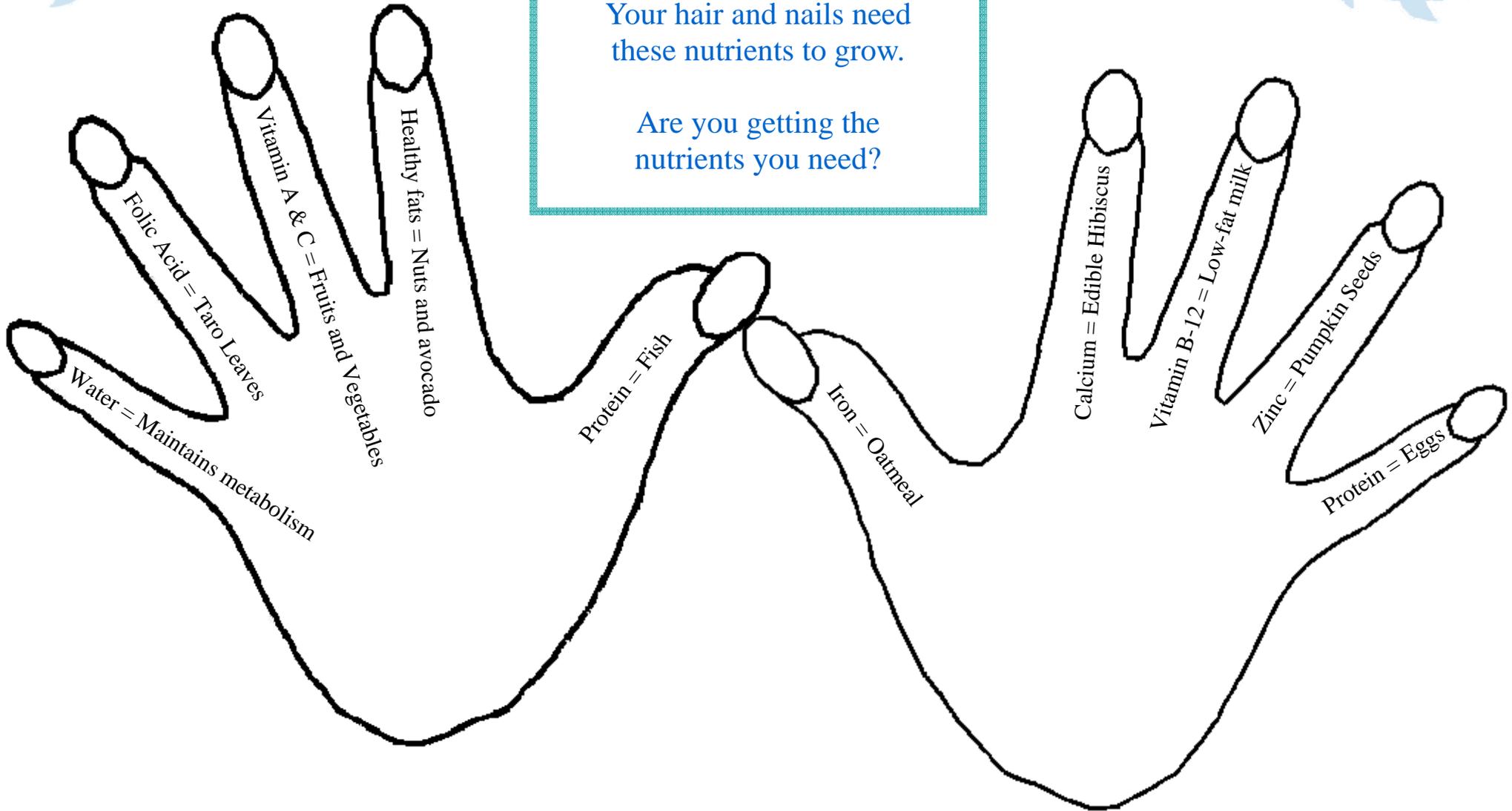


Hair and Nail Nutrients

Your hair and nails need these nutrients to grow.

Are you getting the nutrients you need?



My Mini-Max Plan Reflection



Week 2

What did you do well last week when working towards your goal?

What will you do differently this week to improve?

Do you need any advice or suggestions?

Week 3

What did you do well last week when working towards your goal?

What will you do differently this week to improve?

Do you need any advice or suggestions?



Week 4



What did you do well last week when working towards your goal?

What will you do differently this week to improve?

Do you need any advice or suggestions?





Know Your Healthy Fats

The body needs fat in order to function. In fact, our brain and nerves are almost 50% fat. Fat is what gives us our feminine curves. Fat is also used to regulate temperature and protect our organs. However, not all fats are created equal; some are good for you while others are not. As a result, it is important for you to choose foods that have the right amounts of **healthy** fats and not as much **unhealthy** fats.



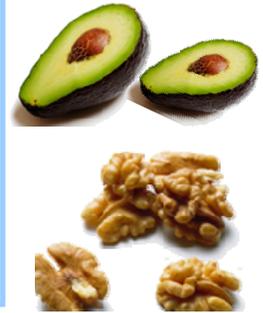
Coconut Oil is a type of “Healthy Fat”

- ◇ Provides quick energy
- ◇ Good for cooking
- ◇ Helps fight infections
- ◇ Good moisturizer for the skin
- ◇ Not stored easily in the body...meaning less weight gain



Eating healthy fats in moderation is the way to go!

- ◇ Healthy fats are good for your brain cells
- ◇ May reduce feelings of depression and frustration
- ◇ Eat foods rich in **Omega-3 fatty acid** like salmon, tuna, walnuts and Canola oil
- ◇ Eat foods rich in **monounsaturated fat** like avocados, peanuts, almonds and olive oil



Avoid eating too much saturated fat

- ◇ Found mainly in animal products
- ◇ May contain extra hormones that your body doesn't need
- ◇ May contain harmful pesticides



Trans fats are a type of “Unhealthy Fat”

- ◇ “Artificial” type of fat
- ◇ May cause excess weight gain because it is easily stored in the body
- ◇ Has no nutritional value other than calories
- ◇ Found in fries, cookies, donuts, chips, muffins, etc.





Fat Facts



Fact: The average teen eats **20 teaspoons of fat** a day.
That's over 800 calories ... mostly from fast foods and snacks.

Fact: Every day, 43% of California teens eat fast food such as:

- hamburgers, cheeseburgers, & hot dogs
- pizza
- chips and French fries



Fact: A 150-pound person has to walk almost 4 hours to burn off 670 calories = 1 Whopper® (10 teaspoons of fat)

How Much Fat is in Your Food?



FOOD	Teaspoons of fat*	% of Calories from Fat
1 Tbsp. mayonnaise	2	99%
1 Tbsp. butter	3	100%
Doritos (1 oz. bag)	2	50%
2 oz. of Spam	3	78%
2 oz of Canned Corned Beef	1 ½	45%
Pizza (1 slice)	4	48%
Cup of Noodles	4	43%
Large French fries	6	43%
Hot Cheetos® (2 oz. bag)	5 ½	58%
McDonald's Big Mac®	6 ½	50%
Burger King Whopper w/cheese®	11	57%

* approximate amounts



Limit the Fat Calories

Did you know that the average teen should only eat about **60 grams or 13 teaspoons of healthy fat** per day?

Healthy Lower-Fat Food Choices

Food Items	Teaspoons of Fat*
6" Turkey Breast Subway ® Sandwich	1
McDonald's® Premium Grilled Chicken Classic Sandwich w/o mayo	1
Taco Bell® Grilled Chicken Soft Taco	1.5
Carl's Jr® Charbroiled BBQ Chicken Sandwich	1.5
McDonald's® Caesar Salad with Grilled Chicken and Low-Fat Italian Dressing	2
Carl's Jr® Grilled Chicken Salad	2



* approximate amounts

Try smaller servings to limit fat intake!

Large Serving	
	Teaspoons of fat*
Double Cheeseburger	6
Large Fries	6
Large Chocolate Milk Shake (32 oz.)	6
Hershey's Sundae Pie	4
Total =	22 teaspoons

Small Serving	
	Teaspoons of fat*
Cheeseburger	3.5
Small fries	4
Small Chocolate Milk Shake (16 oz.)	3
Kiddie Cone	.25
Total =	10.75 teaspoons



Read food labels and ask for a nutrition guide to find out how much fat is in your favorite food.



Sugar Revealed...

The "Gulp" on Sugar

Keep your body healthy by limiting your daily sugar intake!
The average teenager should not consume more than 10* teaspoons of sugar a day...the amount of sugar found in one can of soda!!

How much SUGAR are you eating?

Food & Beverage Item	Teaspoons of Sugar *
Chip Ahoy!® 4 cookies	3
Donut (1 glazed donut)	4
Vanilla Ice Cream (1 scoop)	4
Oreo® 4 cookies	6
Red Bull®, 8.3oz.	7
Twix Chocolate Bar® 2 pieces	7
Vitamin Water®, 20oz.	8
Pop Tart®, (1 package, 2 pastries)	9
Coca Cola®, 12oz.	10
Pepsi®, 12oz.	10
Sprite®, 12 oz.	10
Mountain Dew®, 12oz.	12
Starbucks® Caramel Frappuccino, Grande with whipped crème.	12
Skittles® 2.17oz.(1 bag)	12
Arizona®, Green Tea Energy, 16oz.	13
Gatorade®, 32oz.	13
Snapple®, Kiwi Strawberry, 16oz.	13
Rockstar®, 16oz.	15
Slurpee® 7-eleven, 32oz.	17
Jamba Juice Mango-A-Go-Go™, 16 oz.	26

* Approximate amounts

Calculate how many teaspoons are in your favorite drink or snack:

$\frac{\text{number of grams of sugar}}{4} = \text{number of teaspoons of sugar}$

4



Rethink Your Drink!



Did You Know?

- 👉 Sweetened drinks only provide you with excess empty calories. Such calories may **cause weight gain** that can result in **diabetes**.
- 👉 The average American teen eats 29 teaspoons of added sugar every day. That's almost 116 pounds of sugar a year!
- 👉 Eating lots of processed food and added sugar may increase the hormones that **cause acne**.



Sugar by Any Other Name

Read nutrition labels carefully. Added sugar may be disguised as one of the following:

- Glucose
- Fructose
- Sucrose
- Honey
- Rice syrup
- Corn syrup

A More Nutritious Alternative to Soda

One 8-ounce glass	Calories	Calcium
Plain water	0	0
Fruity H ₂ O	66	0
Milk, 1%	100-120	313 mg
100% Orange Juice (fortified with calcium)	112	500 mg
Chocolate Milk, 2%	179	280 mg



How much SUGAR are you eating?

1. With your group, choose 3 foods that a teenager might eat in one day.
2. Fill in the following chart using your handouts and your brain!

Name of Food or Drink	Teaspoons of Sugar **approximate
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3. Add up your 3 items and then measure out the **total number of teaspoons** into a cup.



4. Find out the most amount of sugar a **teenager should consume** in one day. Write your answer here.





5. Calculate how much sugar above the recommended amount this teenager consumed.





One suggestion we would give this teenager to reduce sugar consumption is...

Sugary Food and Drink Visuals to cut out



Sugary Food and Drink Visuals to cut out



Sugary Food and Drink Visuals to cut out



Sugary Food and Drink Visuals to cut out



Sugary Food and Drink Visuals to cut out



Sugary Food and Drink Visuals to cut out





Polycystic Ovarian Syndrome (PCOS)



A very common hormonal disorder among Pacific Islander women

What is PCOS?

- The name Polycystic Ovarian Syndrome refers to enlarged ovaries that contain many small cysts.

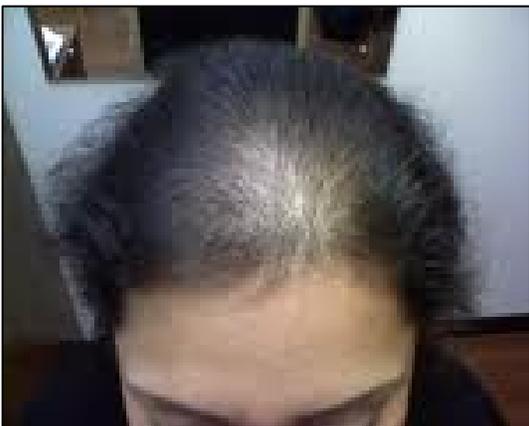
What are the most common signs and symptoms of PCOS?



Excess hair on face and/or chin



Acne



Loss of hair on head



Patches of dark skin on neck

Other symptoms include:

- Irregular or absent period
- Weight gain and/or trouble losing weight
- Infertility





Polycystic Ovarian Syndrome (PCOS)



How many women have PCOS?

- 20% of Pacific Islander women have PCOS

What is the cause of PCOS?

- The cause of PCOS is unknown
 - PCOS might be inherited– Daughters of mothers with PCOS are at an increased risk of developing PCOS.
- The cause of the symptoms of PCOS is a hormone imbalance:
 - Insulin resistance: body can't use insulin properly
 - High testosterone: body produces too much testosterone
- If you have some or all of the signs and symptoms, you might have PCOS
 - Only your health care provider or doctor can tell you for sure if you or someone in your family has PCOS

How is PCOS treated?

- PCOS is not curable, but the symptoms are treatable through:
 - A healthy lifestyle including a healthy diet and regular exercise
 - Maintaining a healthy weight
 - Medications prescribed by your doctor

**Women who have PCOS are more likely to develop (or have)
Depression, Type 2 Diabetes, Cancer and Heart Disease.**

