Civic education - Nutrition Project

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Meals and Snacks:

The role of meals and snacks:

- they are both necessary
- Snacks are not less important than meals
- Snacks provide energy in the middle of the day or when exercising
- We shall consume food at least five times a day (3 meals and 2 snacks)



Snacks:

- snacks are fundamental
- they shall not be too filling

Snack ideas:

- fresh fruit
- Vegetables and hummus
- Nuts
- Dried fruit

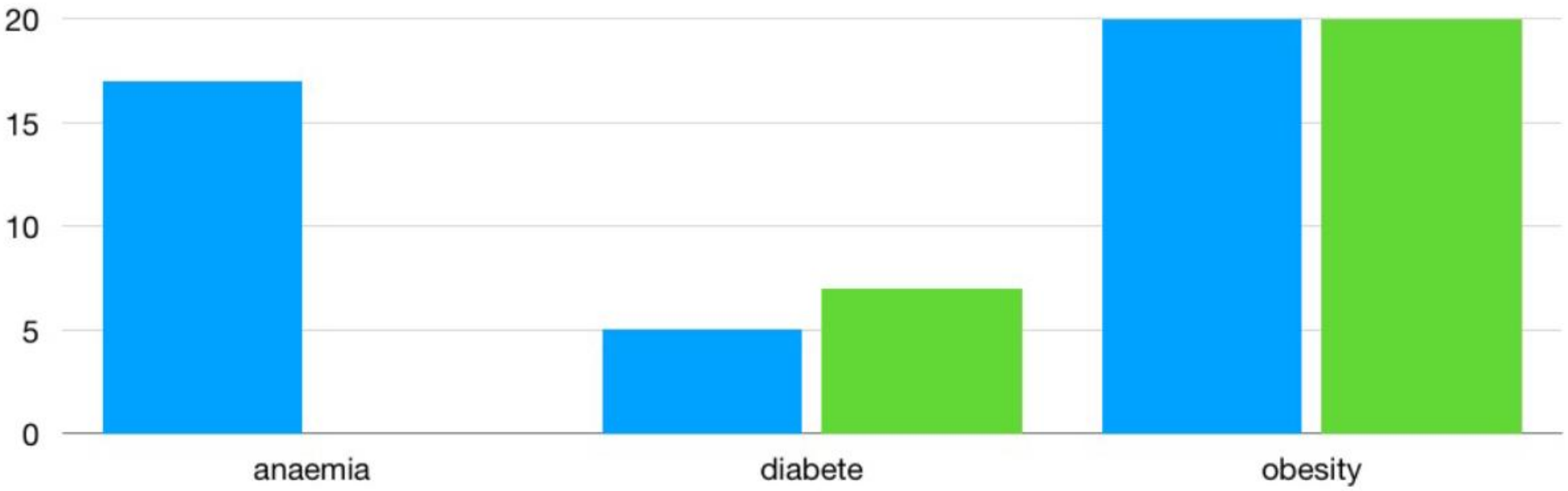


Time of day	What we were doing	Sweets, snacks or meals eaten	Where we ate	Nutritional contents
7:00	looking at my phone or revising for class	barretta fitness coffee	kitchen	90 kcal, 1.7g fats, 6.4g sugars, 0.17g salts 0 kcal
13:45	talking or looking at my phone	two scrambled eggs cucumber two mandarins	kitchen	An egg weighs about 50 grams and, contains about: 64 kcal, 6.2 grams of protein, 4.3 grams of saturated fat, 185 mg of cholesterol, 112 mcg of vitamin A, 0.87 mcg of vitamin D, 0.75 mg of iron, 24 mg of calcium. 100 g of cucumbers contain: 14 kcal / 59 kj, Water 96.50g. Available carbohydrates 1,80g, Sugars 1,80g, Protein 0.70g, Fats 0,50g, Cholesterol 0 g, Sodium 13mg, Potassium 140mg, Calories and nutritional values of mandarins, Water 81.4 g, Carbohydrates 17.6 g, Sugars 17.6 g, Protein 0.9 g, Fat 0.3 g, Cholesterol 0 g, Total fiber 1.7 g, Sodium 1 mg.
19:30	talk with family and watch tv	pasta with sugo apple	kitchen	Pasta: Energy value (calories) 371 kcal, Protein 13.04 g, Carbohydrates 74.67g, sugars 2.67g, Fat 1,51g, saturated 0.277g, monounsaturated 0.171g, polyunsaturated 0.564g, cholesterol 0mg, Dietary fiber 3.2g, Sodium 6mg Sauce: Energy value (calories) per 100g 24 kcal, Protein 1.32g, Carbohydrates 5.38g sugars 4.25g, Fat 0.18g, saturated 0.025g, monounsaturated 0.027g, polyunsaturated 0.073g, cholesterol 0mg, Dietary fiber 1.5g, Sodium 524mg Apple: 100 g of apples contain 38 kcal/161 kj, Water 85.2g, Carbohydrates 10g, Sugars 10g, Protein 0.2g, Traces of fat, Cholesterol 0g, Total fiber 2.6 g

Time of day	What we were doing	Sweets, snacks or meals eaten	Nutritional contents
7:30	Eating breakfast	kiwi, grapes and toast	Kiwi: 61 calories, 86% Carbs, 7% fat,7 % protein Grape: 93 calories ,66% Carbs, 15% protein, 19 % fat Toast: 340 calories, 47% Carbs, 8% protein, 46% fat
1:40	Eating lunch	Rice with fried fish, cabbage and würstel	Rice: 367 calories, 86% Carbs, 7% protein, 7% fat Fish: 228 calories,17% Carbs, 34% protein, 49% fat Cabbage : 25 calories, 78% Carbs, 19% protein, 3% fat Würstel: 273 calories, 2% carbs, 19% Protein, 80% fat
18:30	Eating dinner	Rice, fried shrimp with egg and lotus root	Rice: 367 calories, 86% Carbs, 7% protein, 7% fat Fried shrimp: 147 Cal, 20% Carbs, 35% Protein, 45% Fat Egg: 143 Cal, 0% Carbs, 63% Fat, 37% Protein Lotus root: 70 Cal, 89% Carbs 0%, Fat 11%, Protein

Time of day	What we were doing	Sweets, snacks or meals eaten	Where we ate	Nutritional Contents
7:30 a.m.	Getting ready for class	Glass of milk with 3 oatmeal cookies	In the bedroom	300 kcal; 7.2g of fat 56.4g of carbohydrates
1:45 p.m.	Having just finished class	100g of Pasta with truffle	In the living room	389 kcal 74g of carbohydrates 4g of fat 13g of protein
9:45 p.m.	After training	150g steak	In the living room	378 kcal 22.52g of fat 0g of carbohydrates 40.94g of protein

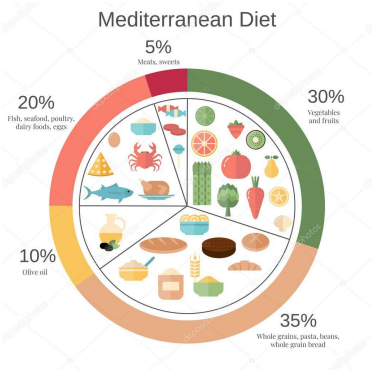
Main problem of malnutrition in Italy

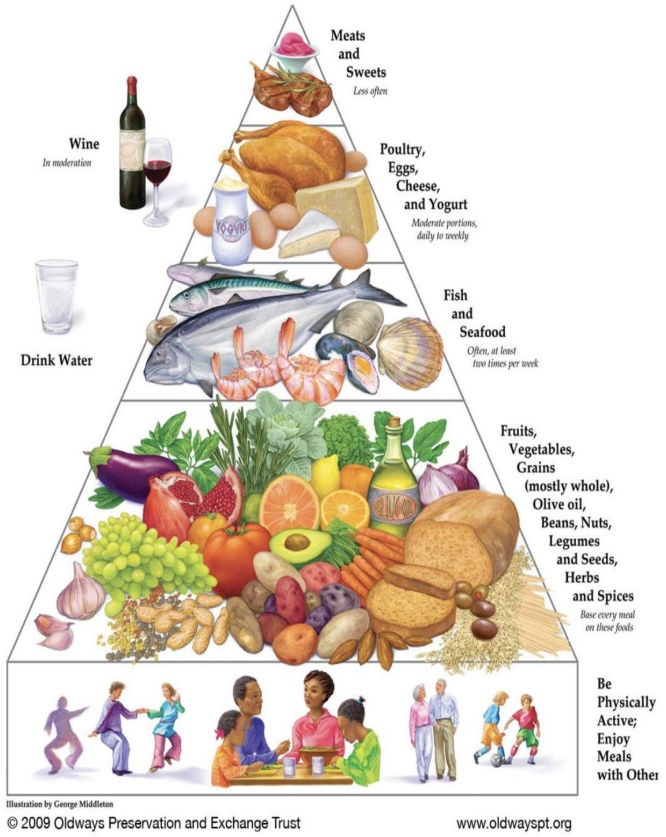


(Approximated percentage of each issue of malnutrition in Italy, green “man” and blue “woman”)

Mediterranean Diet (Sofia)

- Representing the dietary pattern usually consumed among the populations bordering the Mediterranean Sea
- Has been widely reported to be a model of healthy eating for its contribution to a favourable health status and a better quality of life.
- ‘Free’ diet
- Concentrates more on whole grains , plant based foods.
- A big plan !
- Is more focused on food than on number = main difference - because many other diets concentrate on counting calories or grams protein a person consumes in a day.





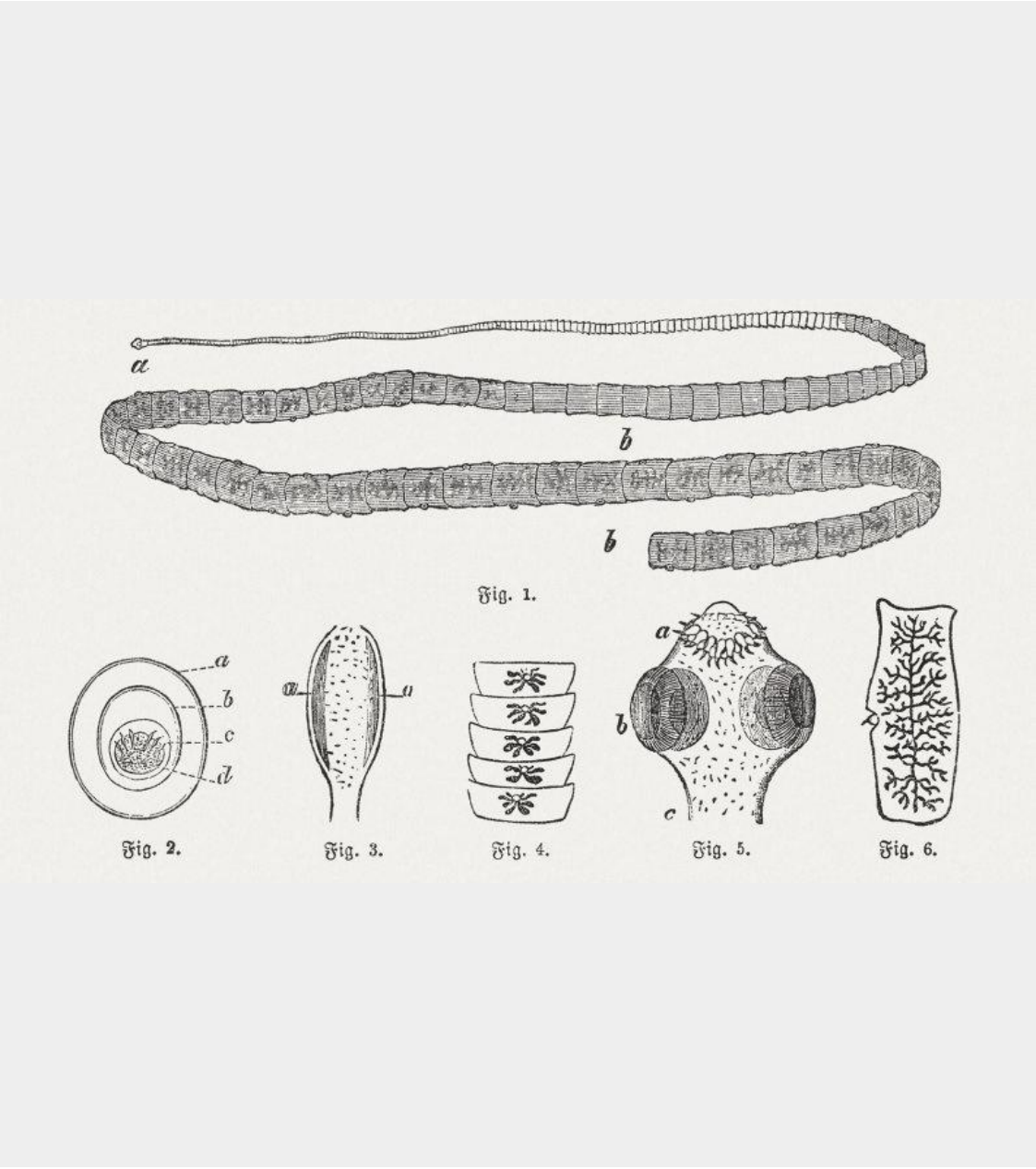
The Tapeworm diet

- It consists in swallowing a pill that contains tapeworm eggs
- If the egg eventually attaches, the tapeworm will grow inside your body and eat whatever you're eating.
- There is no real plan to follow
- In this way you are going to be able to eat whatever you want and lose weight



Risks of the tapeworm diet

- This kind of diet could cause infection or reproduce and attach itself on other organs or tissues
- Cause :dementia, visual issues
- However you could get rid of the worms by taking specific pills



DASH diet (Elisa)



“Dietary Approaches to Stop Hypertension”
The DASH diet promotes the eating of more vegetables, fruits and low-fat dairy and the cutting off of high saturated fats and limiting the amounts of salt put on food. It is usually recommended in order to lower blood pressure, to prevent and treat hypertension and for weight loss.

By looking at the different types of foods that this diet **recommends**, we can see that the fundamental nutrients shaping the diet are:

- potassium
- calcium
- fiber
- proteins



Whereas the foods which DASH aims to **decrease** in amounts are

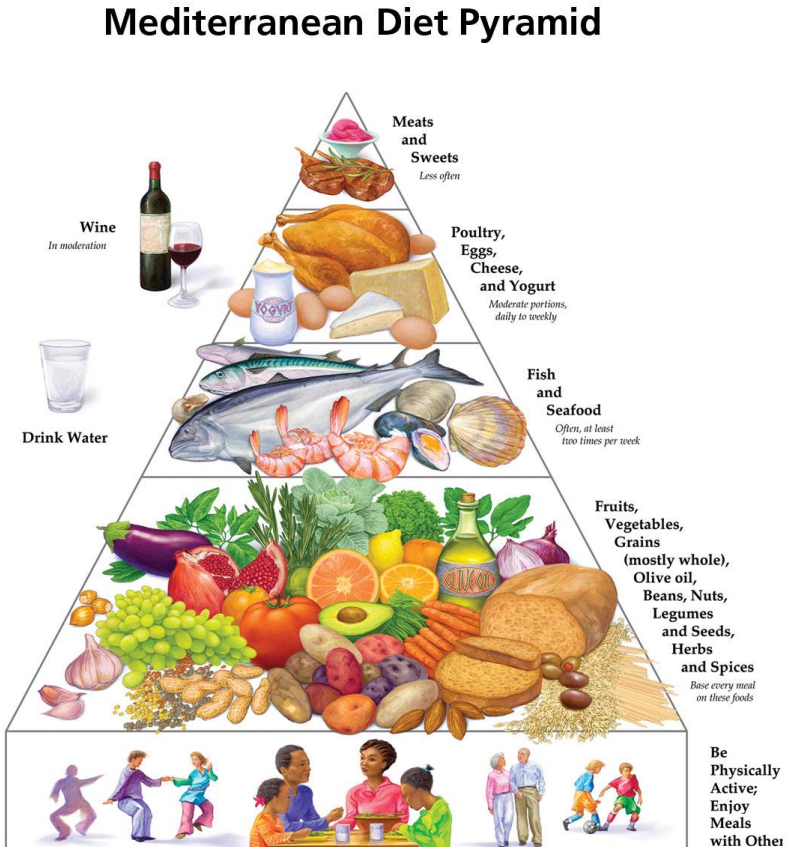
- salt
- fat food
- desserts
- red meat

DASH diet VS Mediterranean

This diet is very similar to the Mediterranean one.

The **Mediterranean diet** only differs in the amount of fish, lean meat and sweets consumed, the emphasized serving of olive oil, and the very strict recommendation of limiting (almost completely) red meat.

Something else that is highly recommended by **both** diets is to not only eat healthy and follow the diet, but also doing some physical exercise.

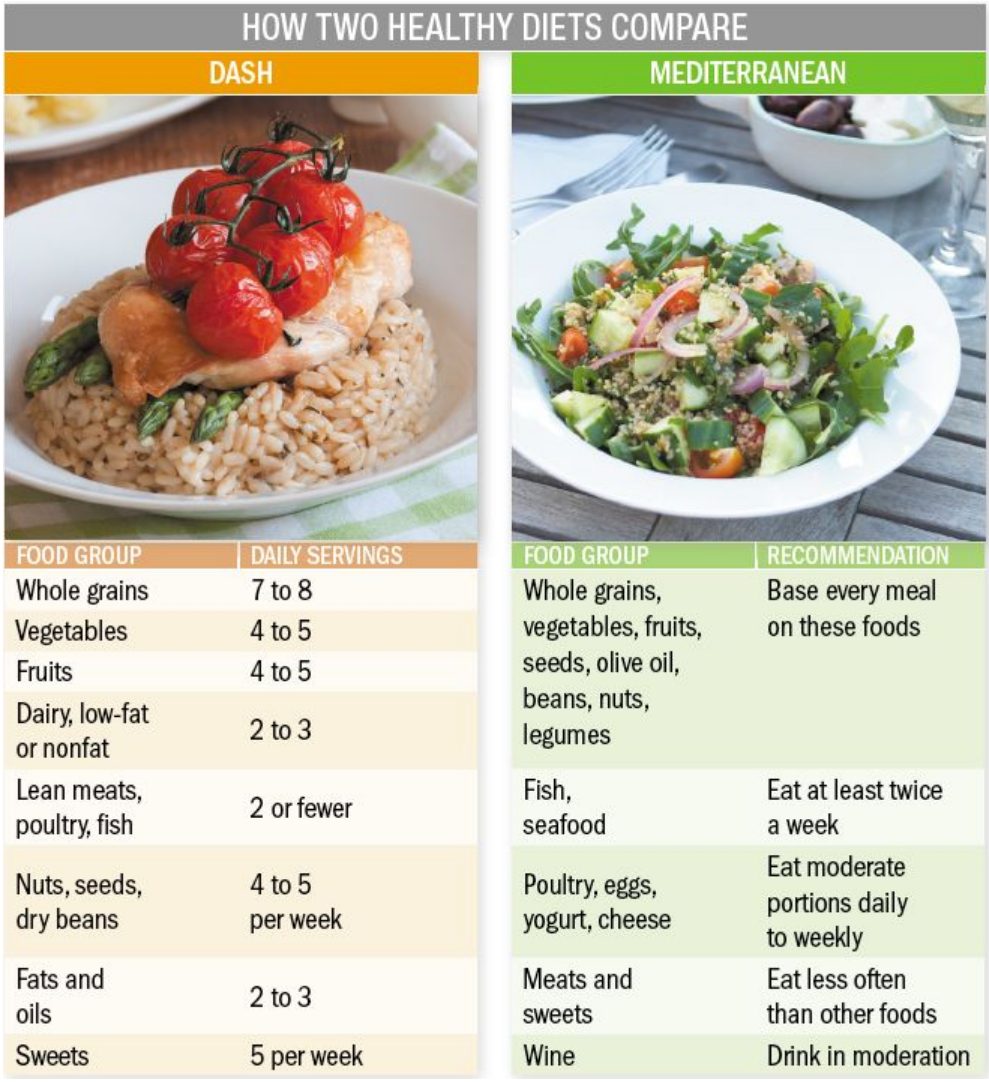


DASH diet (Elisa)

Here is a table presenting the correct meal plan you should following per day according to the DASH diet

Food	Amounts of servings per day
Whole grain	Three products
Vegetables	4 - 6 servings
Dairy	2-4 servings
Lean meats, nuts/seeds/legumes	Several servings

Mediterranean diet VS DASH diet



The KETO diet (Alice)

- During the past years new diets have been emerging, an example is the ketogenic diet, also known as the Keto diet.
- This diet consists in eating foods that are very high in fats, cutting out almost all carbohydrates and eating some protein.
- Many people choose this diet because it says to help with weight loss, although this might be true, studies have shown how this diet, if followed for a long period of time, can cause problems for one's health.



The KETO diet (Alice)

KETOSIS:

- The diet can help with weight loss because it brings your body in a state of ketosis.
- Ketosis is a way our metabolism would adapt in order for us to survive a period of famine
  - In this state the body will not break down glucose, but instead ketone, which is produced by the liver from fats.
- We can see how this diet does not follow the healthy dietary norms provided by the World Health Organization:
  - It requires a person to eat 75% of their daily caloric intake from fats, 15% from proteins and only 5% from carbohydrates. Carbohydrates are essential for each and everyone of us, they are the body's main source of energy, because they are the first ones to be digested by our bodies. Their digestion stars in the mouth with salivary amylase.

The KETO diet (Alice)

The main risks of the ketogenic diet are:

- This diet can cause stress to your kidneys (because it is high in animal fats, it may cause kidney stones)
- It can also cause issues for your digestive system by altering the bacteria in your gut (because it is a low-carb diet, it is also low in fiber, essential for digestion)
- It can also cause nutrient deficiencies (for example it has been proven that this diet does not provide the body with the recommended amount of vitamin D, calcium and magnesium), this will result in problems with bone health
- It has also been shown to increase the risks of chronic diseases.

The KETO diet (Alice)

- The main foods that people choose to consume while on this diet are:
- Eggs
- Poultry
- Fatty fish (such as salmon)
- Meat
- Dairy (usually full fat)
- Nuts and seeds
- Healthy fats (such as olive or coconut oil and avocados)
- Non-starchy vegetables (such as broccoli).



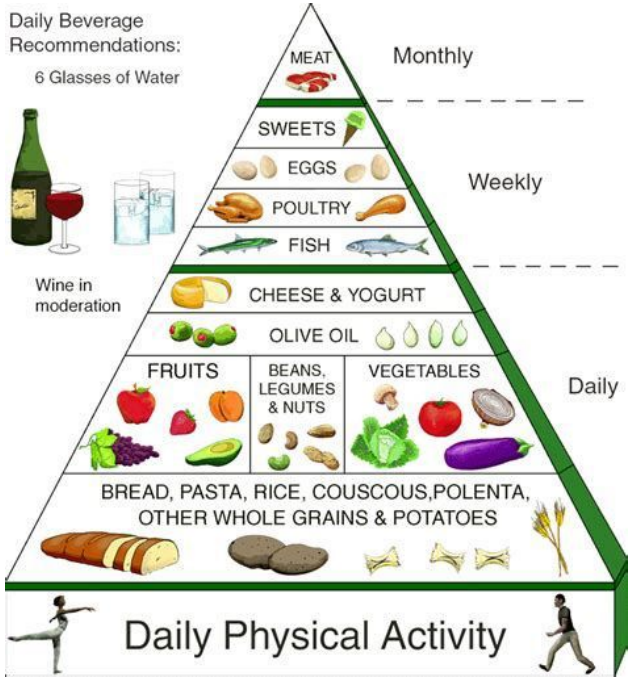
Image credit: istockphoto.com/Olivier Le Moal

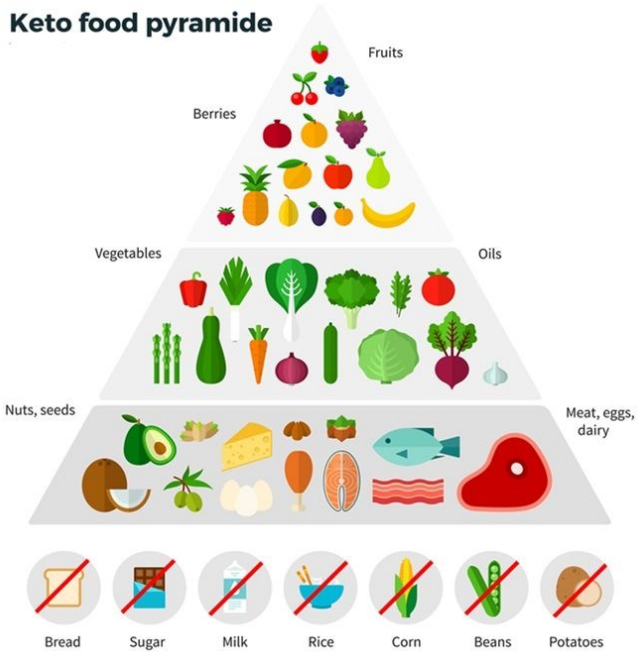






The Mediterranean diet vs. The keto diet (Alice)





We can say that the mediterrenean diet can be considered a lifestyle, instead keto is a proper restrictive diet that requires people to always track their food intake. The mediterrenean diet was voted as the best diet in the world, instead the ketogenic diet as one of the worst. It is not a surprise, mainly because the first consists in incorporating all food groups to your diet and the second one almost completely excludes one, carbohydrates, which are our main source of energy.

Sirt diet (Leonardo)

The Sirt diet is so called because of how it works on the human body. It is composed by foods able to activate body's skinny genes (sirtuins), in this way body fat is burned naturally by metabolism.

Some examples of Sirtfoods are:

- cocoa
- Coffee
- Green tea
- Red wine
- Strawberries
- Rocket
- Kale
- Ginger
- Green apple



TOP 20 SIRTFOODS

Bird's-eye chilli
Buckwheat
Capers
Celery
Cocoa
Coffee
Extra virgin olive oil
Green tea (especially matcha green tea)
Kale
Lovage
Medjool dates
Parsley
Red chicory
Red onion
Red wine
Rocket
Soy
Strawberries
Turmeric
Walnuts



Sirt diet (Leonardo)

The diet is divided in two phases:

- Phase 1 “Hypersuccess phase”, 7-day-long:
  - 3 days on a total of 1000 kcal/day:
    - 3 Sirtfood-rich green juices
    - 1 Sirtfood-rich solid meal + 2 squares of dark chocolate
  - 4 days on a total of 1500 kcal/day:
    - 2 Sirtfood-rich green juices
    - 2 Sirtfood-rich solid meals
  - NO alcohols, but free on other drinks
- Phase 2 “Maintenance phase”, 14-day-long:
  - Every day:
    - 1 Sirtfood-rich green juice
    - 3 Sirtfood-rich solid meals
    - ½ Sirtfood bite snack
  - Moderation on drinks + 2 or 3 glasses of red wine





BABY FOOD- DIET (Caterina Mansi)

- Involves replacing breakfast , lunch and snacks with 10 to 15 containers of baby food.
- Meals can consist of pureed fruits , vegetables and a few meats such as turkey or chicken .
- Small proportions
- The idea of losing a pound per day may sound tempting, but the baby food diet fits into the category of a fad diet.



PROS

- High in fruit and vegetables
- Low in sodium
- Low in fat
- No preparation (just open a jar and eat)



CONS

- Not filling (low in protein and fiber)
- Restrictive (lack of calories)
- Large variation in calories between brands

A Balanced Diet

Key ideas for a healthy and balanced diet:

- drink lots of water
- have a balanced and variegated nutrition
- it is perfectly fine to occasionally treat yourself

