Portion Distortion Activity

Intro to Culinary Arts

Log onto the National Heart, Lung, and Blood Institute Website to view the informational ppts to complete the following activities:

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

1. Write down ALL food you have eaten for two days this past week (breakfast, snacks, lunch, dinner, desserts, and drinks). Include the type of food and estimated amounts (bags, bars, cans, packages, boxes, etc).
2. Log onto <http://www.calorieking.com/foods/>

For every food item listed in number three write down the amount of calories, sugar and sodium it contained in the portion size that you consumed.

1. Write a paragraph to analyze your diet. Do you eat healthy or unhealthy? Why or why not? List a plan of attack to get you into your best possible shape you can achieve in the next three months.