Nutrition Facts

Calorie Content

1. A few of the highest calorie fast food items can be found at Baskin Robbins:
   a. Large (32 oz) Chocolate Oreo Shake = 2360 calories
   b. Large Heath Bar Crunch Shake = 2160 calories
   c. Large Reese's Peanut Butter Cup Shake = 2160 calories
   This is more than the recommended calorie intake per day for the average person.

2. Try controlling your portion sizes by ensuring that half your plate is filled with vegetables while one quarter is protein and the other quarter is starch.

3. You have to eat 63 apples to gain one pound while it only takes 10 McDonalds medium French fries to gain one pound.

4. According to the American Council on Exercise, the average intake at Thanksgiving Dinner is 3,000 calories per person.

Nutrients

5. The thicker the yogurt, the more protein it contains. Greek yogurt contains over twice the amount of protein than most regular yogurt and is also very low in fat.

6. For every gram of fiber you consume, your body burns 7 calories. Consume fiber through whole wheat products and fresh fruits and vegetables. The USDA 2010 Dietary Guidelines suggests you eat 25 g/day for women and 38 g/day for men.

7. Trans fat, a man-made unhealthy fat, can be reported as 0 grams on a food label if there is < 0.5 grams/serving.
8. Eggs contain the highest quality food protein known. Although all parts of an egg are nutritious and edible (including the shell that is calcium rich), we recommend not consuming the shell for food safety purposes.

9. Omega-3 fatty acids are important fats that have been found to reduce the risk of cardiovascular disease. The body cannot make these fatty acids and must obtain them from food sources such as olive oil, ground flaxseed, and fatty cold water fish.

10. Skim milk has the same nutritional value that whole milk has, with less fat.

11. Different color fruits and vegetables actually have different vitamins and minerals. Try eating the whole rainbow of colors during the day.

Vitamins and Minerals

12. The US population consumes about 65% of their sodium intake through processed foods like hot dogs, lunch meat, canned soups and vegetables, and boxed meals.

13. The new USDA 2010 Dietary Guidelines recommend that you consume less than 2300 mg for the general population. According to the Institute of Medicine, the average American consumes more than 3400 mg for day.

14. Romaine lettuce is rich in nutrients—specifically Vitamin A, which is essential to eye and skin health! Consuming 4 whole romaine lettuce leaves will give you the daily recommended amount of Vitamin A.

15. An avocado has more than twice the amount of potassium as a banana.

16. Celery is the best vegetable source of naturally occurring sodium.

17. Vitamin D is unusual because it is the only vitamin that can be made by the body. Sunlight is the main source of Vitamin D, though sunscreen lotions with high SPF can prevent vitamin D formation.
18. You’ve probably heard your entire life that milk is good for your bones. It’s true, but not just because of the calcium content. Vitamin D, from foods like yogurt, cheese, fortified orange juice, or almonds, helps your bones use the calcium you eat.

Hydration and Beverages

19. It is estimated that 75% of people living in America have mild constant dehydration. Drink at least 8 cups of water per day to stay hydrated!

20. More than 15 billion gallons of soda were sold in the U.S. in 2000. As of January 2011 there were almost 7 billion people in the world.

21. Improve your hydration status by eating foods with high water content. Try eating soups, fruits such as grapes, watermelon, strawberries, or vegetables such as cucumber, lettuce, or tomatoes.

22. If you are dehydrated you are more likely to have trouble concentrating, be more irritable and have more headaches.

23. If you drink one 12 ounce can of coca-cola per day, you have the potential to gain almost 15 pounds in one year.

Exercise

24. Exercise does not just burn calories. It also boosts your immune system, gives you energy, makes you have stronger muscles and bones, helps control body fat, reduces your risk of type two diabetes, and makes you have a better outlook on life!

25. You burn 100 calories every mile that you walk or run.

26. If you jog in place during every commercial break of an hour long television program, you will burn approximately 200 calories.

27. Bone health is essential to a healthy lifestyle. To protect bones, try activities like basketball, dancing, hiking, running, volleyball, softball, walking, or weightlifting.
28. Aerobic exercise is a great way to keep your heart healthy. Try jogging, swimming, riding your bike, or dancing to get your heart rate up.

**Obesity**

29. BMI is a ratio of weight to height. A healthy BMI ranges from 18 to 24.
30. Two-thirds of Americans are overweight. Weight gained after one’s early twenties is linked to higher chances of suffering from heart disease, cancer, infertility, gallstones, asthma, and even snoring.
31. Obesity is the leading cause of preventable death in this country. It can be affected by genetics, lifestyle choices, illness, and psychology.
32. Simple changes like controlling portion sizes, increasing your physical activity, and turning off the television during meals can help reverse obesity at any age.

**Fun Facts**

33. The American Dietetic Association suggests eating 1 clove of garlic per day for a number of health benefits, including lowering cholesterol & triglycerides.
34. Black beans contain compounds called anthocyanins, which have been shown to improve brain function. Black beans are also a great source of protein and fiber.
35. The 2007 Nathan’s Hot Dog Eating Contest Champion, Joey Chestnut, ate 66 hot dogs in 12 minutes. In that amount of time he consumed approximately 20,394 calories (1 hot dog = 309 calories).
36. The United States Department of Agriculture estimates that cropland production would need to increase by 74 million acres if Americans start eating the recommended amounts of fruits, vegetables and whole grains.
37. Eating breakfast makes you less likely to miss class, be tardy, or feel sick than if you don’t eat breakfast.
38. 127 whole chickens are eaten every second in the U.S.
39. An American eats an average of 140 lbs of potatoes per year. This includes foods such as French fries, potato chips, and hash browns.

40. Alaska Natives have the highest rates of botulism in the world due to the way they butcher and store indigenous food (such as seals) under the ground in plastic bags.

41. Temperature can affect appetite. A cold person is more likely to eat more food.

42. It takes 3500 calories to make a pound. Or, it takes a 3500 calorie deficit to lose one pound!

43. A person will usually swallow around 250 times during dinner.

44. Less than 25% of adolescents eat the recommended five or more servings of fruits and vegetables each day.

45. It can actually take 15 different tries before you decide whether you like a food or not.