

Fed Up

“It’s about the food, not the weight.”

1. True or False: We consume more when we eat processed food because it doesn’t satisfy.
2. In 1977, McGovern Report laid the first dietary goals for Americans. The government / USDA encouraged Americans to buy leaner foods. When they removed the fat from meat, it tasted terrible, so they added _____ so it would taste better.
3. _____ % of food in a typical grocery store is made with sugar in it.
4. FYI: There are over 250 forms of Sugar. Katie Couric and hosts mention many different names of Sugar. Can you name two? _____
5. What is the daily allowance of sugar? _____ to _____ teaspoons
6. Sugar is the major cause of _____ Disease and Type II Diabetes in children.
7. What is the “Tobacco” of the 21st Century? _____
8. In order to make change happen, we need to educate ourselves and make better _____ when shopping for food.
9. What options can you do to make change happen for you and your family?
 - a. Detox
 - b. Eat from the vine / cook real food.
 - c. Read Labels and avoid processed foods
 - d. All of the above

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