Lesson 4

STAY ALERT TO SUGAR AND SALT!







WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



- We are doctors and union members!
- We want you and your families to be happy and healthy.
- We will break it up to make it FUN for YOU

How will this go?





We will move

New challenge

Fun activity

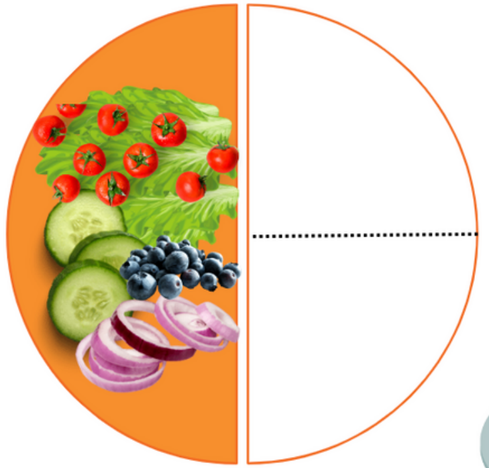
LET'S MOVE OUR BODIES!

You move how you move



Let's Review

What else should we eat?

















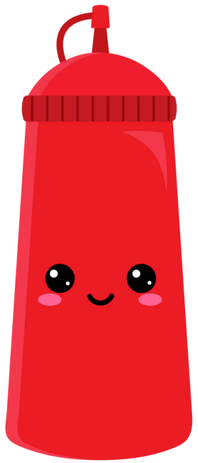




Sugar and salt are in a lot of foods













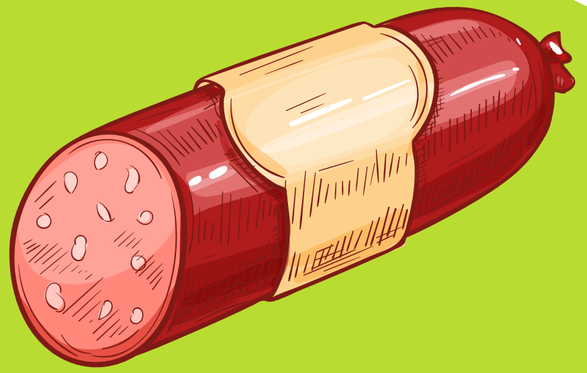
What is sodium?



Bread



Hot Dogs



Deli meats



Cheese



Gravy



Chips

Let's Talk about Salt



What to do about salt?

Aim for 1000-1200mg/day

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

Calories	Calories From Fat
	% Daily value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lewer depending on you calorie needs.







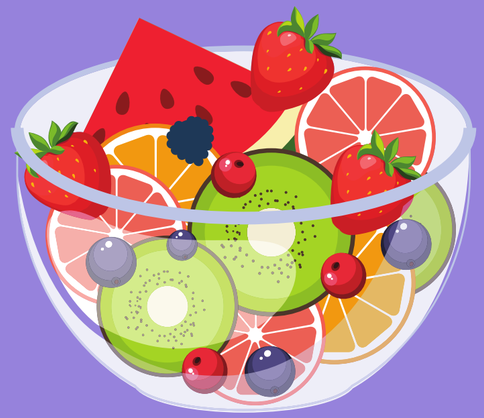






Family Health CHALLENGE
Committee of Interns and Residents SEIU Healthcare

What is sugar?





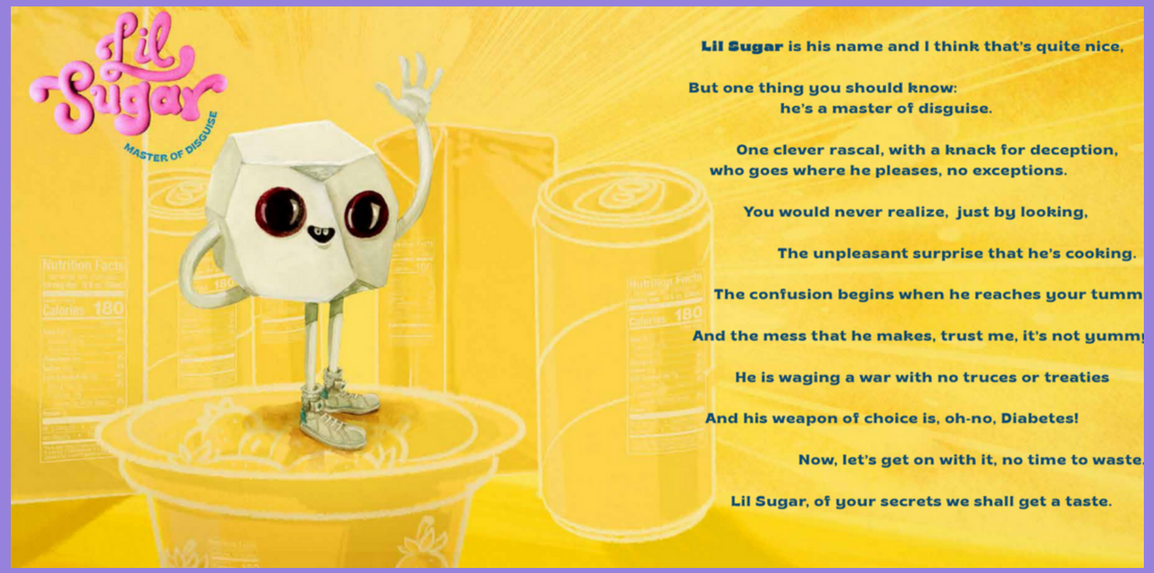












Lil Sugar is his name and I think that's quite nice,

But one thing you should know:
he's a master of disguise.

One clever rascal, with a knack for deception,
who goes where he pleases, no exceptions.

You would never realize, just by looking,

The unpleasant surprise that he's cooking.

The confusion begins when he reaches your tumm

And the mess that he makes, trust me, it's not yumm

He is waging a war with no truces or treaties

And his weapon of choice is, oh-no, Diabetes!

Now, let's get on with it, no time to waste.

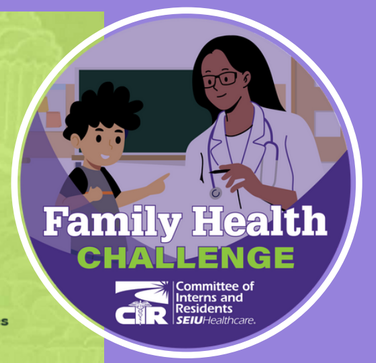
Lil Sugar, of your secrets we shall get a taste.



It's time for the next address
Lil Sugar selected to transgress.

Feeling rustic, Lil Sugar improvises
a tree suit with leaves of all sizes.

A yummy **muffin** is the chosen place
For a coconut costume, full of grace!





"This is a tough one," he thinks, all alone.
To sneak inside **soda**, quick as a cyclone,

He grabs – guess what – a microphone!
And with a fruit hat, goes full-baritone.

He's singing well, he's in the zone.
A capella: no piano nor trombone.

This behavior we should not condone.
For his actions, will he one day atone?

If only he left us alone...

Rear flaps, flame paint and mag wheels:
The first disguise Lil Sugar reveals
is a flamboyant automobile.

The suit you see him wearing
demands a stunt that's truly daring.

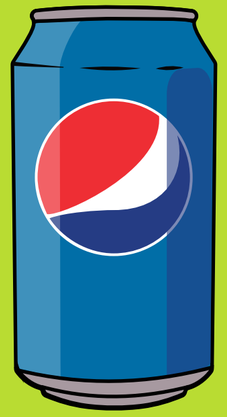
A corn hot rod jumping over a hot dog?
It looks as easy as falling off a log!



Lil' Sugar leads to BIG problems



Foods high in added sugar





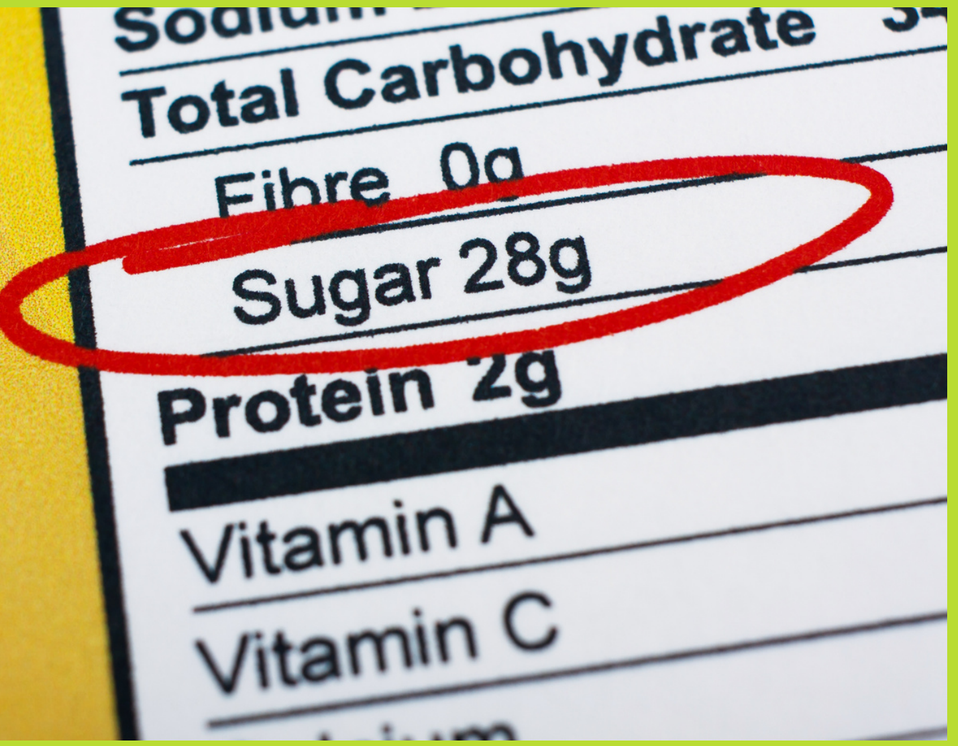








What to do about sugar?

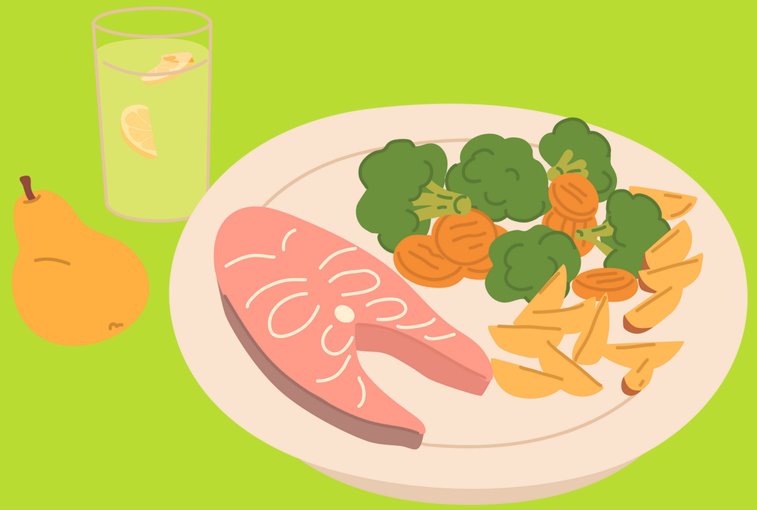


Aim for less than 24g/day





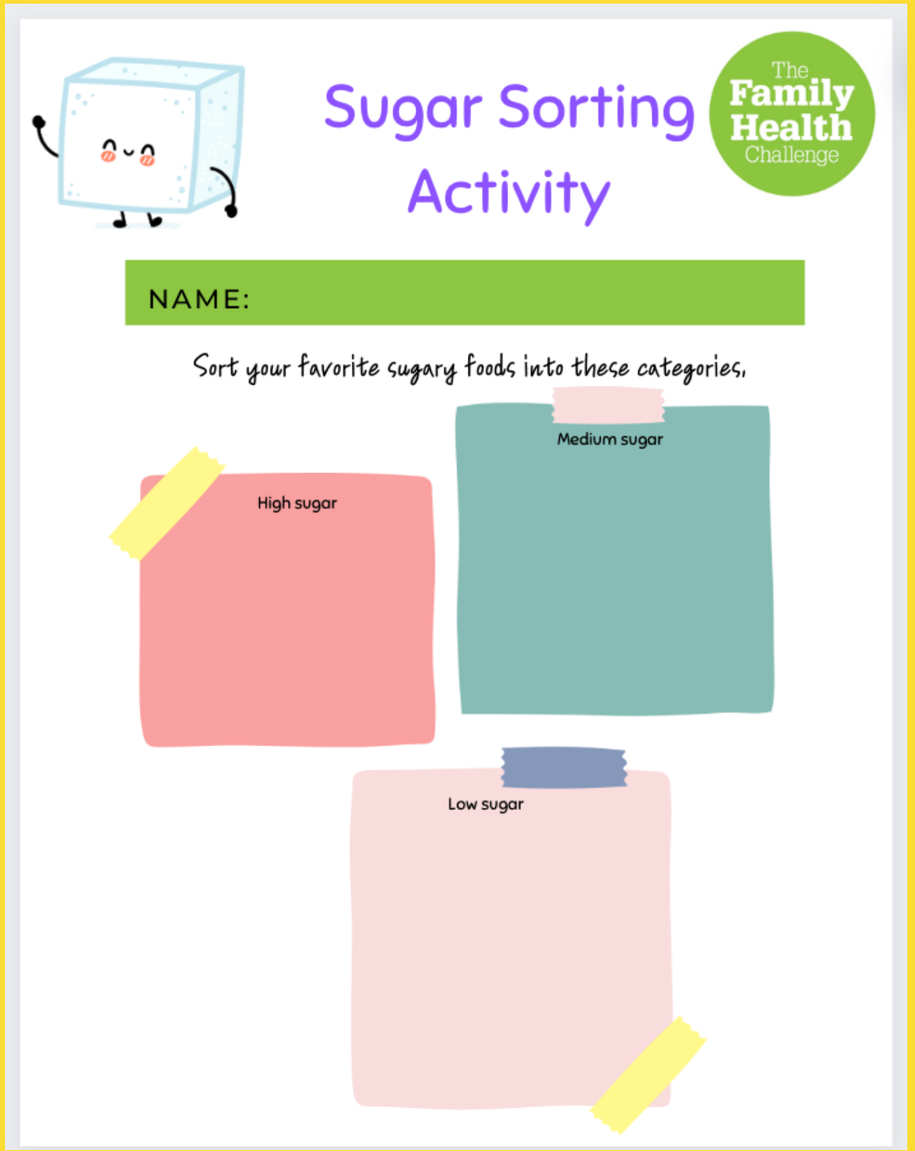






ACTIVITY

Sort it out!





RECAP

Can you spot the ingredient sugar?

SHARE IT!

Who can you tell about your challenge?