

CHAPTER
11

Managing Weight and Eating Behaviors

LESSON 1 Maintaining a Healthy Weight

● Before You Read

Write down some steps that you can take to manage your weight in a healthful way.

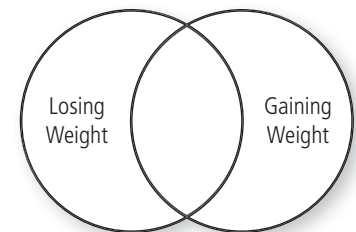
BIG Idea

Maintaining a healthy weight helps you protect your health and prevent disease.

Study Coach

Organize Information

Draw two overlapping circles. Label them "Losing Weight" and "Gaining Weight." As you read, fill in the circles with useful tips from the lesson. Fill in the overlapping area with advice that is useful for everyone trying to maintain a healthy weight.



● Read to Learn

The Calorie Connection

Calories are units used to measure the energy in food. If you take in more calories than your body needs, you will gain weight. If you use more calories than you take in, you will lose weight. This balance between the calories you take in and those you burn is called energy balance. ✓

What is your energy balance?

The process by which the body breaks down substances and gets energy from food is called your **metabolism**. This process changes the food you eat into fuel for your body. Every day, you take in calories from food. You also burn calories during physical activity. When you consume the same number of calories you burn, your weight stays the same.

How many calories are in the foods you eat?

As a rule, foods that are high in fat will also be high in calories. A gram of fat contains nine calories while a gram of protein or carbohydrate contains only four. Some low-fat foods, however, may also be high in calories.

Food preparation also plays a role in how many calories a food delivers. Fried foods will likely add extra calories. Adding cream sauces or extra sugars will also add calories. To control your weight, eat fewer high-calorie foods.



READING CHECK

1. Predict What would happen if you increased your activity level without eating more food?

Calories in Common Snack Foods

High-Calorie Snack			Lower-Calorie Alternative		
Food Item	Serving Size	Calories	Food Item	Serving Size	Calories
Potato chips	1 ounce	155	Pretzels	1 ounce	108
Cola	12-ounce can	151	Water	16-ounce bottle	0
Chocolate/caramel candy bar	1.6 ounces	208	Apple	1 medium	70
Chocolate sandwich cookies	6 cookies	282	Granola bar, raisin nut	1 ounce	127
Cream-filled snack cakes	2 (3 ounces)	314	Vanilla yogurt, (low-fat)	8-ounce cup	193



Think it Over

2. Draw Conclusions

If you are craving a sweet snack, which of the examples in the table would be a healthful choice?



READING CHECK

3. Explain

What does body mass index (BMI) measure?

Maintaining a Healthy Weight

To maintain a healthy weight, burn the same amount of calories that you consume. The right weight for each person is based on age, gender, height, and body frame.

What is body mass index?

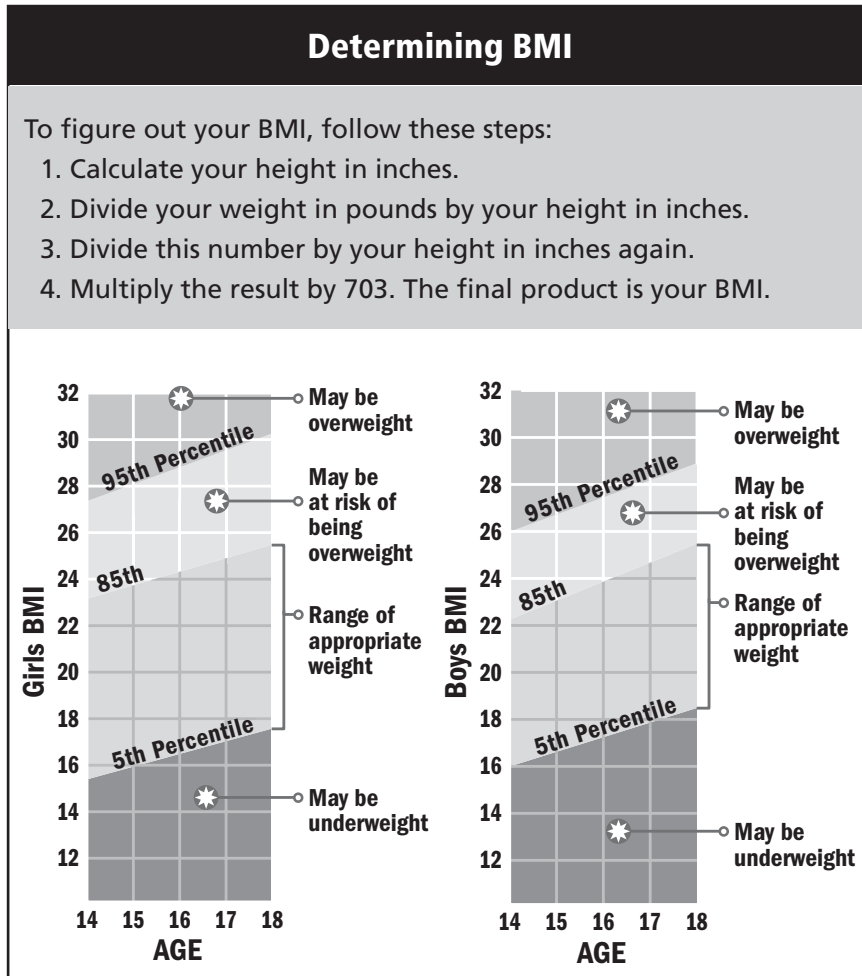
One way to find out if your body weight falls into a healthy range is to calculate your body mass index. **Body mass index (BMI)** is a measure of body weight compared to height. BMI is used to determine if a person is **overweight**, or heavier than the standard weight range.

It's important to remember that every teen grows at his or her own rate. Some of your friends will be taller or shorter than you, and some will weigh more or less than you. ✓

What is body composition?

Although BMI is a quick, handy way to evaluate your weight, it doesn't tell the whole story. A person who is very muscular, for instance, may have a higher BMI but still be healthy. It is also important to consider your body composition—the ratio of fat to lean tissue in your body.

One way to measure your BMI is a skin-fold test. It involves measuring the thickness of skin folds at different points on the body. The test determines how much fat is stored beneath the skin. This test should be performed by a qualified professional.



Picture This

4. Apply Calculate your BMI and use the provided charts to see if your weight falls in the healthy range.

Your Weight and Your Health

People whose weight falls outside of a healthy range are at a higher risk for diseases. Weighing too much can increase the risk of developing health problems such as heart disease and type 2 diabetes. Teens who weigh too little may feel weak or have trouble concentrating.

What are the health risks of weighing too much?

About 17 percent of teens in the United States are overweight. Teens who are overweight may be at risk of becoming obese as adults. Being **obese** means having an excess of body fat. Being obese carries serious health risks. Excess body fat puts a strain on muscles and bones and forces the heart and lungs to work harder. Heredity can play a role in a person's risk of becoming overweight or obese. However, many people who are overweight consume too many calories and get too little physical activity.

Think it Over

5. Synthesize It takes 3,500 calories to equal one pound of body fat. If you take in 500 calories less than you use every day, how long will it take you to lose a pound of body fat?



READING CHECK

6. Summarize What health problems might underweight teens have?

What are the health risks of weighing too little?

Being **underweight**, or below the standard weight range for your height, also has health risks. People who are too thin may have trouble fighting off disease. Some people become thin during their teen years because their bodies grow very fast. As their growth slows, their bodies may “fill out” more. Being too thin can also mean that the body is not getting the calories and nutrients that it needs. If your BMI suggests that you might be underweight, talk to a health care professional. ✓

Managing Your Weight

If you want to lose or gain weight, you’ll need to adjust the number of calories you take in. You will also need to adjust the calories you burn through physical activity. Dieting isn’t a good idea for most teens. Instead, teens should try to eat a healthy, well-balanced diet every day. Use the following strategies to manage your weight:

- Target a healthy weight.
- Set realistic goals.
- Include foods you enjoy in your eating plan.
- Put your goals in writing.
- Track your progress.

Tim Fuller Photography



Picture This

8. Analyze What makes this a good lunch for someone who is trying to lose weight?

What are some healthful ways to lose weight?

If you want to lose weight, MyPyramid can be a useful tool. It provides information on food groups, recommended amounts, and the importance of physical activity. Here are some points to keep in mind:

- **Choose nutrient-dense foods.** Fruits, vegetables, and whole grains supply nutrients with fewer calories.
- **Watch portion sizes.** Follow the recommended portion sizes for each food group.
- **Eat fewer foods that are high in fats and added sugars.** These add calories without many nutrients.
- **Enjoy your favorite foods in moderation.** Try enjoying a small scoop of ice cream less often.
- **Be active.** Physical activity burns calories and helps your body use up excess fat.
- **Tone your muscles.** Increasing your muscle mass will cause your body to use more calories. ✓

What are some healthful ways to gain weight?

If you are trying to gain weight, consider these strategies:

- **Select foods from the five major food groups that are higher in calories.** Choose whole milk instead of low-fat or fat-free milk.
- **Choose higher-calorie, nutrient-rich foods.** Examples include nuts, dried fruit, cheese, and avocados.



READING CHECK

9. Explain How is physical activity important to weight loss?

- **Eat nutritious snacks.** Enjoy healthful snacks more often to increase your calorie intake.
- **Get regular physical activity.** Physical activity will help you gain muscle rather than fat.

What are the benefits of physical activity?

Physical activity can help you lose or maintain a healthy weight. The graph below shows how many calories you burn doing several different activities for ten minutes. Some benefits of physical activity include the following:

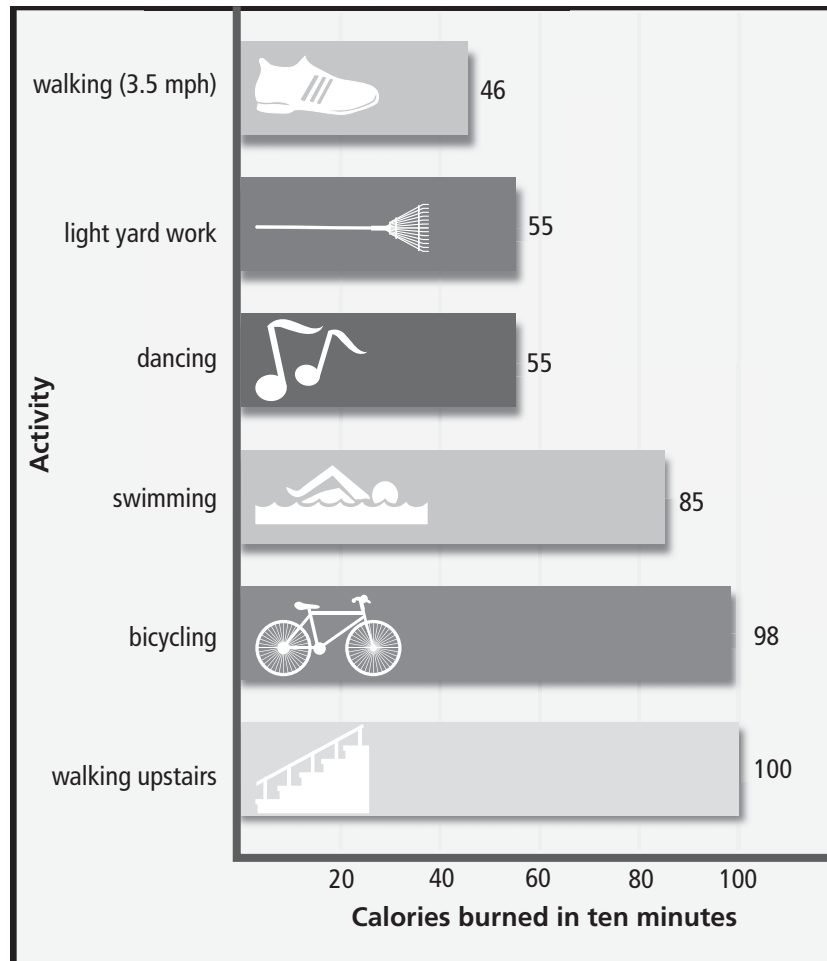
- It helps relieve stress.
- It promotes a normal appetite.
- It increases self-esteem.
- It helps you feel more energetic.

Picture This

10. Analyze How many calories can you burn by bicycling for ten minutes?

Calories Burned During Physical Activity

This graph shows roughly how many calories you can burn doing each activity for ten minutes.



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