

## BiW4Teens Habits Explanation Cue Card

This cue card helps health coaches discuss unhealthy habits covered in video session five. Each unhealthy habit has a negative impact on the body's energy balance in one or more ways.

[1 & 2] DOES NOT drink milk or eat dairy products (cheese, yogurt, cottage cheese)

- Adequate intake of calcium helps support energy balance within the body.
- Children and teens who DO NOT drink milk or eat dairy products, have higher amounts of stored energy (body fat).
- Children and teens who get adequate intake of dairy products have less stored energy (body fat).

[3 & 4] DOES NOT to eat fruits and vegetables

- Adequate intake of fruits and vegetables supports healthy weight and increases chances that children with a high BMI (unhealthy weight) will become an adult with a healthy weight (normal BMI).
- The fiber in the fruits and vegetables helps satisfy a child/teen's hunger while taking in fewer calories. Plus children/teens stay satisfied for a longer period of time after eating fiber rich foods.
- Fiber has a positive effect on energy balance in the body.
- Fruits and vegetables are full of vitamins and minerals that support health and are important to maintaining energy balance within the body.

[5] Skips breakfast

- There are three ways that skipping breakfast negatively affects energy balance. When a person sleeping, the metabolic rate (internal furnace) slows down (burns slower). It stays slow burning until a person eats breakfast or lunch.
- In addition to this, when a person's metabolic rate is slow burning, a person moves slower and moves less and burns up fewer calories.
- People who skip breakfast often load up on calories later in day (see number 7 to hear about how this is bad for energy balance).

[6] Drinks more than 4 ounces of fruit juice per day

- A small amount of fruit juice (4 ounces) equals a whole piece of fruit. It can take 10 minutes to eat a piece of fruit and 30 seconds to drink 4 ounces of juice. It is easy to get too many extra calories in a short time from drinking too much fruit juice.
- Fruit juice has been stripped of all of the fiber from fruit and most of the vitamins and minerals. Because of this, fruit juices have a negative effect on energy balance when drank by its self between meals. It is always better to eat a piece of fruit instead of drink fruit juice.

[7] Is a fast eater

- Fast eaters consume greater number of calories than slow eaters. They over fill their stomach more often than slow eaters. It takes 20 minutes for the message to get from stomach to brain and back to stomach that it is full.

[8] Requests second helpings on deserts and starchy foods (potatoes, pasta, rice, bread)

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[9] Orders largest serving size at restaurants, takes large servings at home, eats more than older siblings

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[10] DOES NOT eat home cooked meals with family

- Evidence suggests that children who eat home cooked meals with their families are less likely to be overweight; eat more healthy foods; have less delinquency; greater academic achievement; improved psychological well-being; and positive family interactions.

[11] Eats at fast-food restaurants more than once a week

- Fast food tend to be low in vitamins, minerals, fiber (all good for energy balance) and high in fat, calories and salt (which has a negative effect on energy balance).

[12, 13 & 14] Eats more in the evening than other times during the day (i.e. largest meal eaten in the evening, eats more than one snack after school, snacks after dinner)

- When half or more of the daily caloric intake is in the evenings, a body does not have time to burn these food calories off, so it goes into temporary storage (primarily the liver);.
- When temporary storage gets full, then extra calories get put into permanent storage (fat cells).
- It is very important to spread food (caloric) intake out throughout the day. This helps keep the internal furnace burning hot and helps balance energy levels throughout the day.

[15] Eats more than one 100-calorie snack between meals

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[16] Eats when bored

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[17] Eats alone

- People who eat alone typically eat extra calories they didn't need
- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[18] Eats in front of television

- People who eat in front of the TV don't pay close attention to how much they are eating and tend to over eat

[19] Sneaks or hides food

- This behavior is connected with over eating and can cause daily caloric intake to exceed daily energy expenditures.

[20] Drinks soda pop or sugar beverages (sports drinks, Kool-Aid, energy drinks, tea with sugar added, flavored coffee drinks, punch, fruit cocktail, etc.)

- People can consume a large number of calories in a short amount of time when they drink sugary drinks.
- Sugary drinks are a form quick-release energy. Quick-release energy has a negative effect on energy balance. Quick-release energy dumps a large load of energy quickly into the body and body can't use all this energy so it tends to store some of the quick-release energy.
- The body responds quickly to quick-release energy and puts it into storage. This causes a person's energy level to jump up quick and drop low quick. This creates symptoms of hunger within 1 to 2 hours after the ingestion of a sugary beverage.
- When energy levels drop low, the body will crave more quick release-energy to elevate symptoms of hunger.
- Sugar in candy and deserts affect the body's energy balance the same way.
- White flour products (white bread, saltine crackers, pasta) and white rice affect the body's energy balance the same way.

[21 & 22] Eats high fat foods – fast foods, fried foods, breaded meat, chips, ice cream AND uses lots of butter, margarine, creaming salad dressings, and mayonnaise

- Fat is an important macronutrient. Fat makes up 60% of the solid mass of our brain, plus all our nerves are insulated by fat. We need it so we can absorb fat soluble vitamins. We need fat in our diet to have healthy skin.
- However, we only need a small amount of fat each day.
- Fat is dense energy. Two teaspoons of oil or butter has the same amount of calories as a slice of bread or a half of cup of corn.
- Dietary fat stores easier as fat when there is excess fat in the diet. Dietary fat is broken down into triglycerides. Triglycerides are energy ready to be stored or broken down into fuel for that day. If the body has plenty of energy available for the day, triglycerides get put into storage. Dietary fat is the only food we eat that when it is digested it turns directly into triglycerides and is ready for storage. (The rest of the food we eat is broken down into glucose or amino acids).

[23] Eats junk food (candy, cookies, pastry, chips)

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.
- Candy, cookies, and pastries are quick-release energy foods and have a negative effect on the body's energy balance like sugary drinks do.

[24] When away from home, eats junk food & candy or drinks soda & sugary drinks (i.e. when running errands or traveling, hanging out with friends or participating in school activities)

- This is a habit that can cause daily caloric intake to exceed daily energy expenditures.

[25] Gets less than 60 minutes of physical activity per day

- Children/teens who are not physical activity and who have low levels of physical fitness have higher BMIs than children/teen who get at least 60 minutes of exercise per day.
- Lack of physical activity and low levels of physical fitness are important contributing factors in both the development of and in the maintenance of high BMIs.
- Recommendation for physical activity for children/teens with high BMIs is a minimum of 60 minutes of aerobic activity (makes you breath harder and faster and makes you sweat) most every day.

[26] Spends more than 2 hours a day in front of screen (television, computer, video games)

- Numerous studies have confirmed that high BMIs are directly related to the number of hours spent watching television or playing video games.
- One study found that time spent viewing TV at the age of 9 can predict how high a teenager's BMI will be 8 years later – greater body dimensions, increased energy stores, less time spent participating in sports, less active during activities of daily living.
- TV watching significantly lowers metabolic rate – even lower than when a person is sleeping.
- Television time is also associated with increased consumption of high calorie, unhealthy foods.

[27 & 28] Erratic sleep schedule or goes to bed late or gets less than 8-9 hours of sleep per night

- European study found a relationship between high BMIs and short sleep duration in children.