

EATING MISTAKES



GETTING THE WRONG COLOURS

MOST COMMON MISTAKES



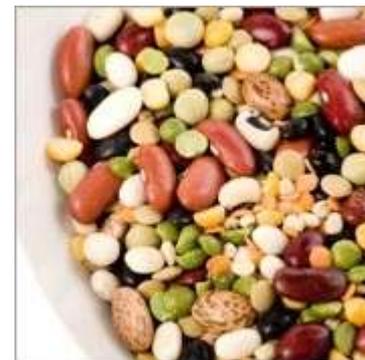
too much sugar

too much fat

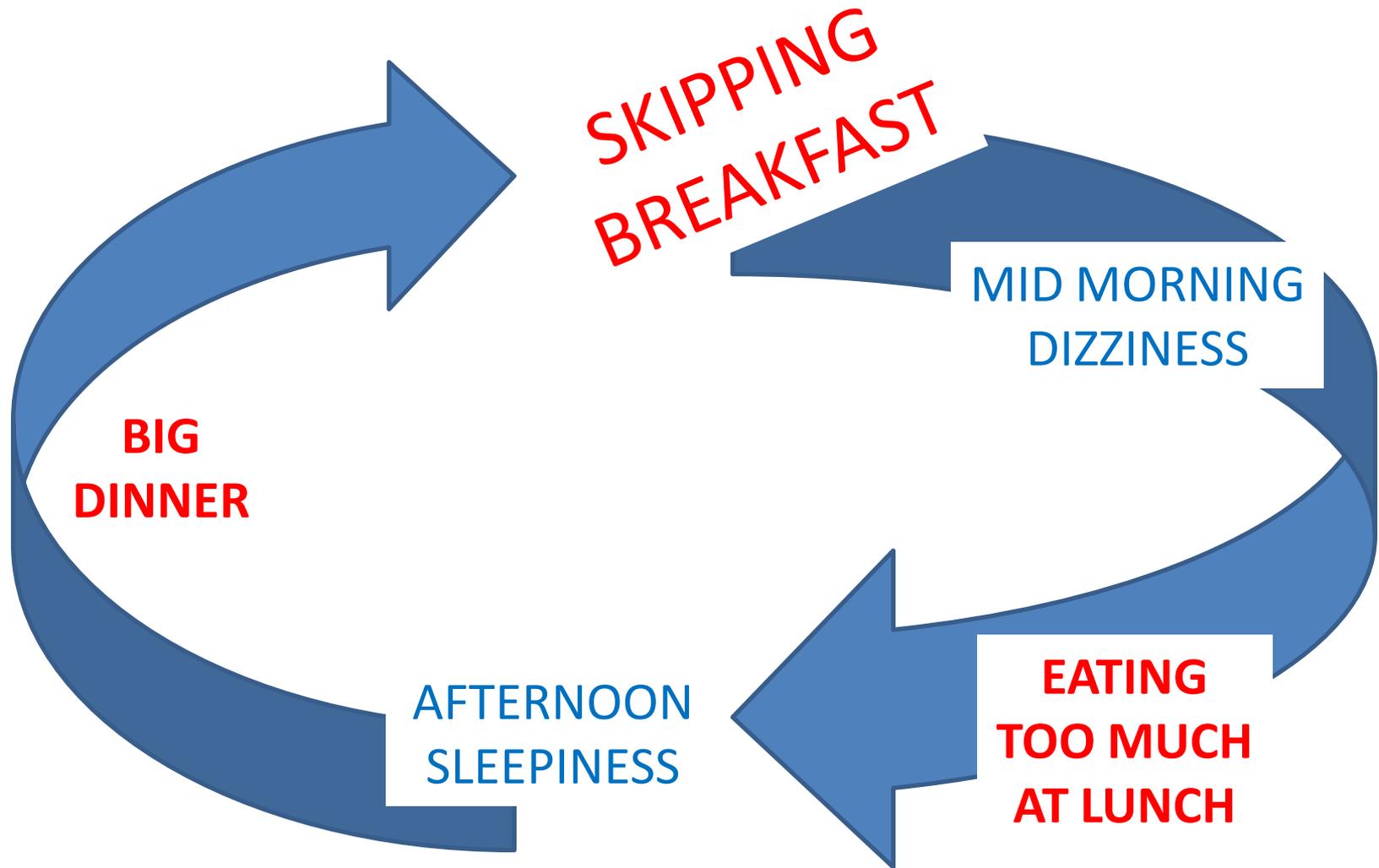


too much salt

not enough water



not enough fibres



EATING ALWAYS THE SAME THINGS



TOO MANY SWEET SODAS



TOO MUCH FOOD FROM THE VENDING MACHINES



EATING WHILE WATCHING TV / PLAYING ON THE COMPUTER



TOO MUCH JUNK FOOD



EATING FOR THE “SURPRISE”



We buy some types of food because of the presents they offer... either to end our stickers collection or to get a new set of glasses, or to “win” a bike...

Drinking too many Energy Drinks



Energy drinks may contain close to 300 mg of **caffeine** in a 12 oz. can, while the typical cup of coffee contains approximately 70 mg.

+ they contain other supplements and herbs.

Some side-effects: increasing heart rate, excessive urination, nausea, vomiting, insomnia, depression, and anxiety

See also [Energy drinks side effects](#)

EATING TOO QUICKLY



We're the first to finish.

We take big bites.

We don't chew enough.

We're not drinking water.

We don't take a breather.

We're not talking.

When we're eating, our stomach takes its sweet time to get in touch with our brain. So even when our stomach has had plenty to eat, our brain may not realize it for as long as **20 minutes**.

The result? We could keep on eating like it's our last meal, and take in way more food than we need!

EATING TOO MANY CARBOHYDRATES



EATING TOO MUCH RED MEAT



DRINKING ALCOHOL



TOO MANY SNACKS





EATING TOO MANY “LIGHT SNACKS”



EATING TOO MUCH, especially at dinner

**EATING STRAIGHT
“FROM THE
FRIDGE”**



EATING and FASTING and EATING and FASTING and EATING and FASTING



Eating disorders: Bulimia and anorexia



THINKING THAT DOING SPORTS IS ENOUGH



My son/daughter does sports ! → (swimming 40' = 360 kcal)

A snack at the swimming pool café:

1 ham and cheese sandwich **270 kcal**

200 ml of "juice" **112 kcal**

a small chocolate bar (20 g) **110 kcal**

TOTAL 492 kcal

That is: **+ 132 kcal** for each "swimming lesson"

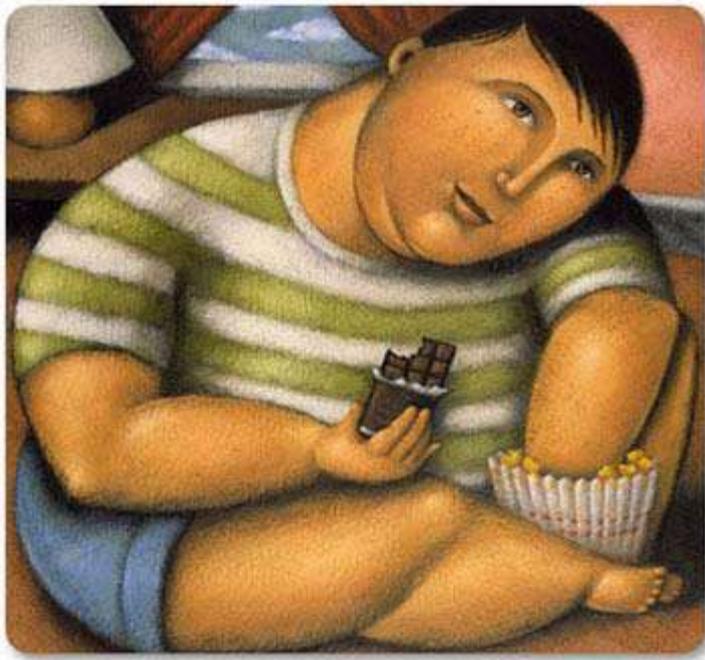
+ 1,4 kg every year he/she goes swimming !!!

YOU CAN'T
OUT-EXERCISE



ATHLETE/TUMBLR

A BAD  DIET.

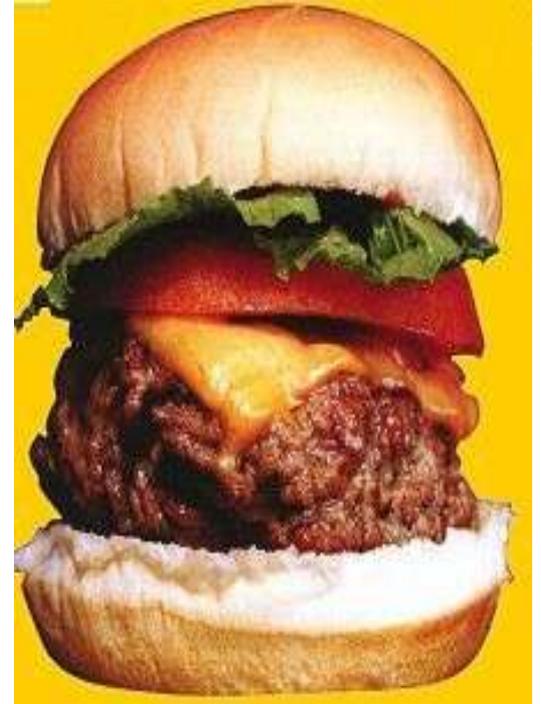


ITALIAN TEENS

15% eat too many PROTEINS ,
especially of animal origin

32-38% eat too much FAT

48-52,9% eat too much SUGAR



Teenagers do not get enough FIBERS and CALCIUM
Girls do not get enough IRON