



# Reproducible Master 4-3

For use with Lesson 1 (Figure 4.4)

## What Is Your Upper Limit on Fat?

How many calories do you consume? How many grams of fat a day are recommended, based on your calorie intake? How many grams of fat do you consume?

Total Daily Calories	Recommended Daily Intake of Saturated and Trans Fat	Recommended Daily Intake of Total Fat
1,600	18 grams or less	53 grams
2,000	20 grams or less	65 grams
2,200	24 grams or less	73 grams
2,500	25 grams or less	80 grams
2,800	31 grams or less	93 grams

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# Reproducible Master 4-4

For use with Lesson 2 (Figure 4.8)

## Fluid Replacement and Physical Activity

Drinking water before, during, and after physical activity is essential to your health.

Before	During	After
Drink 10 to 14 ounces of water one to two hours before the activity or exercise.	Drink $\frac{1}{2}$ cup (4 ounces) of cold water every fifteen minutes.	Drink 2 cups (16 ounces) of cold water for every pound of weight loss.

Source: Play Hard, Eat Right: A Parent's Guide to Sports Nutrition for Children, 1998.

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# Reproducible Master 4-5

For use with Lesson 3 (Figure 4.9)

## Dietary Guidelines for Americans

These guidelines can help you design a healthful eating plan. Which of these guidelines do you already follow?

<b>AIM FOR FITNESS</b>	<ul style="list-style-type: none"><li>▶ Aim for a healthy weight.</li><li>▶ Be physically active each day.</li></ul>
<b>BUILD A HEALTHY BASE</b>	<ul style="list-style-type: none"><li>▶ Let the Food Guide Pyramid guide your food choices.</li><li>▶ Choose a variety of grains daily, especially whole grains.</li><li>▶ Choose a variety of fruits and vegetables daily.</li><li>▶ Keep food safe to eat.</li></ul>
<b>CHOOSE SENSIBLY</b>	<ul style="list-style-type: none"><li>▶ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.</li><li>▶ Choose beverages and foods to moderate your intake of sugars.</li><li>▶ Choose and prepare foods with less salt.</li><li>▶ Avoid alcoholic beverages.</li></ul>

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