

## Chapter 11

# Managing Weight and Eating Behaviors

1. Maintaining a Healthy Weight
2. Body Image and Eating Disorders
3. Lifelong Nutrition

#Onedaylwokeup #Doppitup

## Lesson 1 — Maintaining a Healthy Weight

### The Calorie Connection

**Metabolism** is the process by which your body breaks down food and converts it into energy. Weight is a reflection of your energy balance:

■ <b>Calories in &gt; out</b>	Weight gain
■ <b>Calories out &gt; in</b>	Weight loss
■ ■ <b>Calories in = out</b>	Weight stays the same

It takes about 3,500 calories to equal 1 pound of body fat. Cutting 500 calories/day through eating less, moving more, or both can result in losing about 1 pound per week. Slow, steady, and sustainable always beats fast and drastic.

### Body Mass Index and Healthy Weight

**Body Mass Index (BMI)** measures body weight relative to height as a screening tool. It isn't perfect — a muscular athlete may have a high BMI with very little body fat. Your doctor can interpret your BMI using age- and sex-specific growth charts.

<b>Underweight</b>	Below standard range — may lack energy, tire easily, miss critical growth nutrients
<b>Healthy weight</b>	Within standard range for height — associated with best long-term health outcomes
<b>Overweight</b>	Heavier than standard range — current data: nearly 1 in 3 U.S. youth
<b>Obese</b>	Excess body fat that carries significant health risks — affects 21.1% of teens ages 2–19

### Managing Your Weight — Healthy Habits

- ■ **Realistic goals** — Aim for a consistently healthy diet and regular physical activity, not rapid weight loss
- ■ **Nutrient-dense foods** — Fruits, vegetables, and whole grains give you more nutrition per calorie
- ■■ **Watch portions** — Restaurant and packaged portions have grown dramatically — they're often 2–3x a normal serving
- ■ **Limit added sugars** — They add calories without meaningful nutrition
- ■ **Stay active** — 60 minutes of physical activity on most days
- ■ **Stay hydrated** — Girls need ~9 cups/day; boys ~13 cups

## Lesson 2 — Body Image and Eating Disorders

### Your Body Image

**Body image** is the way you see and feel about your body. Two of the biggest drivers of negative body image today:

■ <b>Social media</b>	Instagram and TikTok flood feeds with heavily filtered, edited images of 'ideal' bodies. Research consistently links high social media use with negative body image, especially in teen girls.
■ <b>Peer comparisons</b>	Comments from peers, teasing about weight, or comparing yourself to others can chip away at how you feel about your body.

*The truth: healthy bodies come in all shapes and sizes. You cannot change your basic body type, and attempting to force your body into a shape it wasn't built for can seriously harm your health.*

## Fad Diets

**Fad diets** promise quick results but aren't based on sound science. They tend to be trendy for a short time, then fade — because they don't work long-term. **Weight cycling** (losing and regaining repeatedly) is harder on your body than maintaining a stable weight. Any plan that doesn't align with MyPlate guidelines is likely depriving your body of nutrients it needs.

## Eating Disorders

**Eating disorders** are extreme, harmful eating behaviors classified as mental illnesses. About **9% of Americans** — 28.8 million people — will have one in their lifetime. They affect all genders, body sizes, races, and backgrounds. One in three people with an eating disorder is male. Average age of onset: 12–13 years old.

<b>Anorexia Nervosa</b>	Intense, irrational fear of weight gain leads to severe food restriction and essentially starvation. People often have a distorted body image — seeing themselves as overweight even when dangerously thin. One of the highest mortality rates of any mental illness.
<b>Bulimia Nervosa</b>	Cycles of binge eating followed by purging (vomiting, laxatives, or excessive exercise). Often within normal weight range — making it harder to detect. Causes severe dehydration, tooth erosion, and dangerous electrolyte imbalances.
<b>Binge Eating Disorder</b>	Most common eating disorder in the U.S. Compulsive overeating without purging, accompanied by intense guilt and shame. Affects all body sizes; more common in males than any other eating disorder.

■ *If you're concerned about yourself or someone you know: National Alliance for Eating Disorders Helpline: (866) 662-1235. Recovery is possible — early intervention dramatically improves outcomes.*

## Lesson 3 — Lifelong Nutrition

### Vegetarian Diets

A **vegetarian** eats mostly or only plant-based foods. Well-planned vegetarian diets can be very healthy — lower in saturated fat, higher in fiber, and linked to reduced risk of cardiovascular disease and certain cancers. Key nutrients to watch: protein, iron, calcium, zinc, B vitamins, and Vitamin B12 (found almost exclusively in animal products — vegans should supplement).

### Nutrition for Athletes

Teen athletes may need 2,000–5,000 calories/day. More carbohydrates for energy, more protein for muscle repair. Hydration is critical — drink before, during (every 15 minutes), and after exercise. **Making weight** by fasting or severe restriction harms both health and performance. The only healthy approach: gradual adjustment of ½–1 pound/week under guidance.

### Performance Enhancers — Just Say No

- ■■ **Anabolic steroids** — Illegal without a prescription. Risk liver damage, stunted growth, heart problems, and permanently disrupted hormone development in teens.
- ■■ **Androstenedione** — Banned in professional sports. Similar risks to steroids with little proven benefit.
- ■■ **Creatine** — May give short power bursts; causes cramps, nausea, and at high doses can damage heart, liver, and kidneys.
- ■■ **Energy drinks** — High caffeine spikes heart rate; can cause dehydration, anxiety, and dangerous heart rhythm problems — especially in teens.

*Real performance gains come from consistent training, smart nutrition, quality sleep, and recovery — not from a pill or powder.*

## Chapter Vocabulary

### Lesson 1

<b>Metabolism</b>	The process by which the body breaks down substances and gets energy from food
<b>Body mass index (BMI)</b>	A measure of body weight relative to height, used to assess healthy weight range
<b>Overweight</b>	Heavier than the standard weight range for one's height
<b>Obese</b>	Having an excess of body fat that carries significant health risks
<b>Underweight</b>	Below the standard weight range for one's height

### Lesson 2

<b>Body image</b>	The way a person sees and feels about their own body
<b>Fad diets</b>	Weight-loss plans that tend to be popular for only a short time and typically don't produce lasting results
<b>Weight cycling</b>	A repeated pattern of losing and regaining body weight; also called 'yo-yo dieting'
<b>Eating disorders</b>	Extreme, harmful eating behaviors classified as mental illnesses that can cause serious physical damage or death
<b>Anorexia nervosa</b>	An eating disorder characterized by an intense fear of weight gain and severe restriction of food intake
<b>Bulimia nervosa</b>	An eating disorder involving cycles of binge eating followed by purging
<b>Binge eating disorder</b>	An eating disorder in which people compulsively overeat large amounts of food without purging

### Lesson 3

<b>Vegetarian</b>	A person who eats mostly or only plant-based foods
<b>Dietary supplements</b>	Products that supply one or more nutrients as a supplement to a healthy diet
<b>Performance enhancers</b>	Substances used to boost athletic ability, most of which carry serious health risks

<b>Herbal supplements</b>	Dietary supplements made from plant extracts
<b>Megadoses</b>	Very large amounts of a supplement or vitamin, often dangerously exceeding recommended daily values