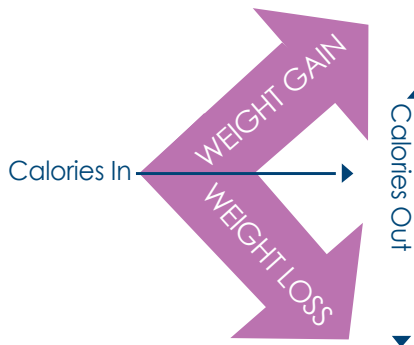


This project was made possible by funds received from the Illinois Department of Public Health.

Why we Overeat *healthy kids.....healthy futures*

Overeating can occur for a variety of reasons and contributes to obesity. But what is overeating?

Food provides us with energy in the form of calories. Those calories come from fat, alcohols, carbohydrates, and proteins. Those calories need to be expended in some way or weight gain will occur.



Three Demons of Overeating

1. Sugar
2. Salt
3. Fat

These three ingredients conspire against you and your brain to control overeating.* Any combination of these ingredients will induce a craving for more.

Goals to Strive For

- Fat:** < 30% of calories
- Sugar:** Focus on naturally occurring sugar and limit added sugar
- Salt:** Minimize added sodium.

Tips and Tricks

- Use a food scale for portion size
- Have healthy foods on hand
- Keep a food journal
- Schedule exercise

So What...

Up to 75% of people with I/DD are overweight or obese.

50% of adults with I/DD engage in no physical activity.

75% of food choices for children with I/DD are made by their parents or caregivers.

You can make a difference by developing good habits!



Nutrition Strategies

- Portion Control
- Add More Fruits and Vegetables
- Make Half your Grains Whole Grain
- Include Low-Fat Dairy
- Choose Lean Protein
- Limit Sweet Treats
- Limit Sodium
- Drink Water



* Source: Kessler, D. (2010). The End of Overeating: Taking Control of the Insatiable American Appetite. Rodale Books.



This project was made possible by funds received from the Illinois Department of Public Health.



In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).





This project was made possible by funds received from the Illinois Department of Public Health.



In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).



NorthPointe Resources
Empowering individuals with disabilities to achieve their dreams