

Annotated bibliography composition ii



**ASSIGN
BUSTER**

Lindsay Shipman Annotated Bibliography Composition 122S Richards, Sara. "The building blocks of a healthy diet." *Practice Nurse* 38. 3 (2009): 12-17. AcademicSearch fComplete. EBSCO. Web. 14 Aug. 2011. This article explains which foods to eat and which foods we should 'stay away' from or eat in moderation. This article reminds that the human body is complex and it's important to eat a healthy diet. The author goes into great detail about the complexity of food and the effects they have on the human body. It builds a foundation of knowledge for achieving and maintaining a balanced-healthy diet.

It gives great detail about macronutrients and the effects they have on your body. The clear descriptions of carbohydrates, proteins, fats and water give the reader a great understanding of what is good for the body and what is bad for the body. The authors' purpose is to prepare a nutrition guideline for a healthy diet. Although it is written more for nurses' or dieticians it is a good guideline that everyone can follow to create a healthy diet for themselves. It was written in 2009 so it is still an excellent guide to follow today. This main author of this article is a practicing nurse with RGN credentials.

She uses many well-known and reliable health organizations as sources for this article. This article gives us the answer to which foods and how much should we eat for a healthy balanced diet. Although it goes into a little more detail than the average person may need to decide which foods are best for you, it gives you a clear guideline for choosing the right foods. For instance, I plan to incorporate more whole grains, vegetables and fruit into my diet and reduce the foods with animal fats, processed foods and refined foods. "Keeping portions in proportion. (Cover story)." *Harvard Women's Health*

Watch 15. (2007): 1-3. Academic Search Complete. EBSCO. Web. 15 Aug. 2011. This article gives very precise suggestions for changing the amount of food one consumes. It has a nice chart detailing exactly how big a serving should be for every food group in the food pyramid. The chart uses everyday items for comparison so everyone can envision the correct size. The authors suggest training your eye for serving sizes so when you are eating out portions do not get out of control. Another suggestion is while eating out divide the portion in half when it is served and take half of it home to eat at another meal.

The article brings to our attention that portion sizes have increased 100% over the years. For example: fountain drinks used to be 7 ounces but now can be up to 42 ounces. Eating filling foods such as whole foods that will keep you feeling full longer will cut down on snacking between meals. The purpose of this article is to remind the human race how much a serving of food really is and just because a huge plate of food is set in front of you, you do not have to eat it all in one sitting. It clearly places the blame for overeating on the individual.

The article was really written for the general audience even though the title suggests it is written about women's health. The authors included sources from the American Health Association and the USDA. It was written by affiliates of Harvard Medical School which is an accredited institute whom I believe thoroughly check out articles they publish. Harvard was established in 1636 and since then they have been educating our medical professionals. The article included survey results from a variety of Universities concluding that people ate more based on the amount they were served.

Other resources used for this article include the United States Dept. of Agriculture and Centers for Disease Control, both are highly respected agencies. I will use this information in my research paper by knowing the correct serving size for foods, especially my favorites that are high in calories. It will help to know what a serving size looks like and applying a few of the other suggestions for portion control. I like the following ideas: Using smaller dishes while eating at home; fix your plate then sit down and do not go back for seconds. The First Line of Defense: Portion Control. " Running & FitNews 28. 2 (2010): 6-8. Academic Search Complete. EBSCO. Web. 15 Aug. 2011. This article reminds us that more does not mean better when it comes to mealtime. We all know to lose weight we have to consume fewer calories and move more. According to this article it is harder today than it was twenty years ago because portions of food offered to us are much larger than they were then. Being able to visualize a recommended serving size is your first line of defense in controlling your calorie intake.

There is a chart included in this article which relates serving sizes to everyday objects. The author reminds us that caloric intake is not one size fits all. An active man may require 2200 calories a day and an active woman may only require 1800 calories per day. The purpose of this article is to help the average person realize and visualize a recommended serving size set forth by the USDA Center for Nutrition Policy and Promotion. The article brings out a few common mistakes people make when sitting down to a meal and gives us a clear idea of what a well-proportioned meal should look like.

It tells us that making small changes in the amount we eat can lead to significant weight loss over time. The article is written by staff members of

Running and FitNews. The Running and FitNews editorial board is made up of many medical professionals. There are mainly M. D. 's on board but also a scattering of PH. D's. Knowing so many medical professionals comprise the board for this publication makes it reliable in my opinion. The information in this article will help me visualize and strive toward correct portion size in the future.

It will help to know that your size, age and how active you are determines your caloric intake per day. I had no idea a recommended serving size of pasta is one half cup or as the chart displays, half of a baseball. This is good to know since the average person tends to steadily gain weight as we age. Young, Lisa. The Portion Teller: Smartsizes Your Way to Permanent Weight Loss. Random House, 2005. Barnes and Noble Online. 13 Aug 2011. <http://my.barnesandnoble.com/ebooks/ebookslibrary.html> This book starts out telling us that our national weight problem can be attributed to how much we eat not what we eat.

The serving sizes have grown by leaps and bounds since the 1960's. The author conducted her own research providing many charts throughout the book stating many portion shockers and comparisons of sizes Chart: portion shockers; stadium size went from 82k 1920 remodeled to 49k top selling women sz 8 to 14 in 20 yrs, queen sz bed 6 in lg than in 1970. Bus seats are 18 in up an inch fr 1997. Europe serv sz smaller than us. By reviewing the charts clearly americans r being served twice as much as before . 5 c of spag = 32 strands 302 strand = 2lbs Given more we eat more 000-2600 calories a day Sedentary women and young child shld eat less Active men and teen boys more Many experiments by experts performed. U cant tell amt of

calories by looking at dish Down with diets they don't wk, the do not address the larger sizes of food portions or lack of understanding what a recommended portion is. Author teaches us to understand food groups. To make Healthy choices from each food group and to estimate portions. Charts consistently reinforce the expanding sizes of everything from drinks to desserts. Cheesecake 14 oz @ 1560 cal.

Solo cups were 7 oz in 1950, now they sell 46 oz. Author was a mgr weight loss ctr then nutrition counselor for weight loss programs. This book teaches us standard serv sz, how many serv to eat per day fr each grp She teaches us how to learn to eat correctly not to diet by cutting out our favorites. She gives us an eating plan. Helps us to understand food labels and calorie and nutrient content. 6th ed. Of dietary guideline e for americans emphasizes c and oz. 2005. Usda differs fr fda serv sz, differ criteria. Fda pasta sz= 2 cups uncooked which = 1c cooked, usda . 5 c cooked pasta. Pg 33