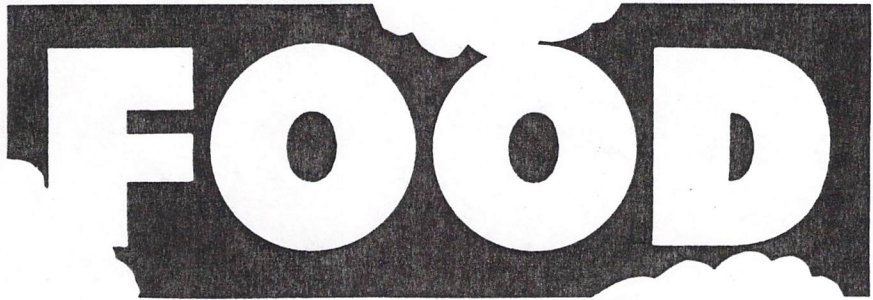


Tool 3:

A large, bold, black silhouette of the word "FOOD" with white letter cutouts. The letters are thick and blocky, with a slightly irregular, hand-cut appearance. The word is centered horizontally and takes up a significant portion of the upper half of the page.

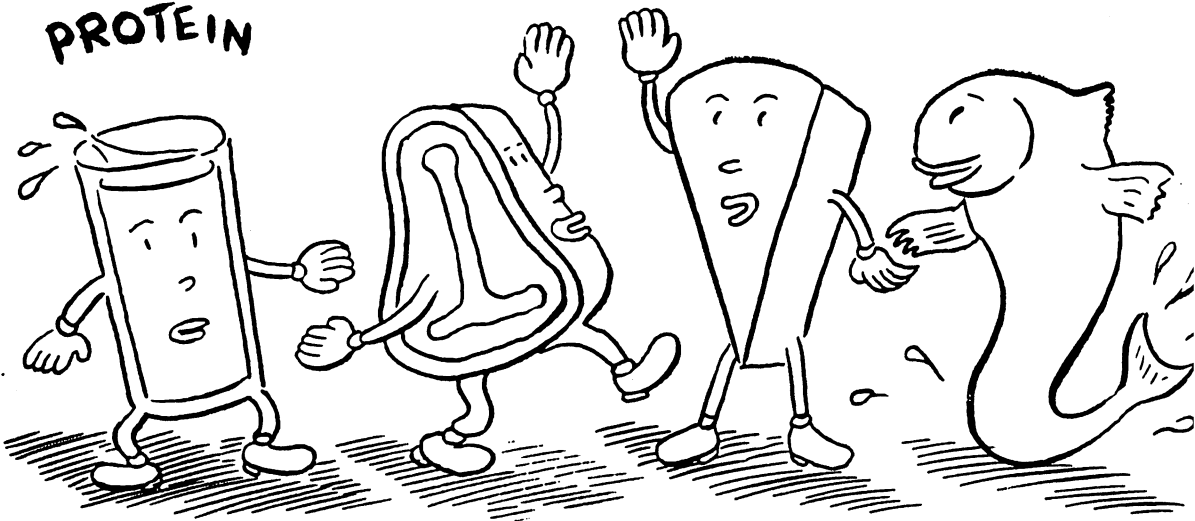
### ***Food Makes Your Mood***

The food you eat is used for two purposes:

- 1.** to build and repair your body, and
- 2.** to provide energy to make your heart pump, your lungs inflate, your muscles contract, and all your body systems go.

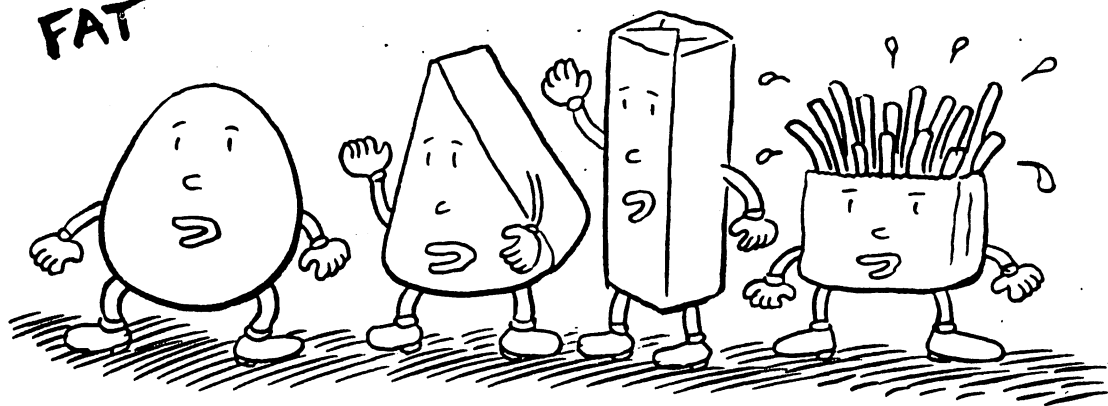
Not all foods are used the same way, though. We eat primarily three different kinds of foods — proteins, fats and carbohydrates — and each of these is used by the body in a different way.

## PROTEIN



Proteins are used mainly to build and repair body tissues. Because your body doesn't store protein, you need to feed it protein regularly. But it doesn't need much. Two ounces — or less than the amount of meat in a Big Mac — is all teenagers need each day. Adults need even less since they are no longer growing.

## FAT



## YOU EAT IT, YOU WEAR IT

Fats help our bodies absorb vitamins from other foods. We need very little fat to do that — one tablespoon a day would do it. Unfortunately, most people eat much more. Just one serving of french fries, for instance, contains several times more fat than you need in a day.

So what if you eat a little extra fat? (*Forget it. I'm not giving up french fries!*) The problem with eating fat is that it's fattening — much more fattening than eating proteins or carbohydrates. It's also dangerous because it leads to heart disease.

## **ANIMALS, VEGETABLES AND CHOLESTEROL**

There are two kinds of fats: saturated and unsaturated. *Saturated fats* come from animals. They include beef fat, chicken fat, butter, cream and dairy products. These fats contain cholesterol, a fatty substance that builds up in your arteries, clogging them and impeding the blood flow. To compensate, your heart works overtime. This stresses the heart and causes disease.

*Unsaturated fats* come from vegetables. They include vegetable oils (like corn oil, olive oil and peanut oil), margarine and mayonnaise. These fats do not contain cholesterol, and are healthier for you than animal fats. But that doesn't mean you should eat a lot of them. To be healthy, you should eat as little vegetable fat as possible and you should avoid animal fats altogether.

## **A FLABBY PERFORMER**

Eating fat doesn't do much for your performance either, because fat is hard to digest. Fatty foods sit in your stomach for a long time while your body works to

