

# Celebratory Foods + Dietary Balance

Sustainable Diets Curriculum





**Food is used for celebration all over the world**



**Celebratory foods are foods we typically don't eat everyday and we eat for special occasions**





**Tacos at Powwows**



**Fry bread at Powwows**



**Tamil Festival of Pongal**



**Tomatino in Spain**





**Oktoberfest in Germany**



**Lunar New Year in China**



# **Garlic Festival in Isle of Wright**



**Food Brings People Together**



**Celebratory foods and traditions are an expression of cultural identity of communities**





**Historically celebratory foods were unique to celebrations - and not eaten every day**

Naturally raised meat and dairy as a precious commodity (meat in small quantities as a condiment)







**Global change is making celebratory foods available every day... with consequences for human and planetary health**



**Celebratory foods can also be comfort foods  
that we eat to feel better**

# What are celebratory foods in your household and community?

What foods do you eat for holidays and annual  
celebrations?

# What are your favorite comfort foods?

What foods do you eat for comfort? If you are feeling  
down?

# What are characteristics of celebratory and comfort foods?

Healthfulness of celebratory + comfort foods?  
Sustainability of celebratory + comfort foods?

# **Dietary Balance - Eating in Moderation**

## **Scaling back consumption of -**

- Foods high in calories
- Foods high in refined sugars
- Foods high in fat
- Foods high in salt
- Foods that are ultra-processed

# Strategies for Dietary Balance + Eating in Moderation

- Mindfulness - being aware of what you are eating
- Making a distinction between celebratory foods that are “unhealthy” if consumed in excess and daily foods
- Calculating your caloric consumption
- Limiting portion size
- Eating for satiety rather than fullness

# **Dietary Guidelines Trivia**



**According to the US Dietary Guidelines,  
how many calories should the average  
person eat per day?**

# Answer: 2,000 calories

- This is the average number of calories, but the amount of calories you need to recommend your weight depends on your height, weight, and age.
- You can calculate the recommended number of calories to maintain or lose weight using <https://www.calculator.net/calorie-calculator.html>
- Note: Extreme weight loss is NOT recommended, Talk to a doctor or dietician before making any decisions about pursuing weight loss for your health.

**What is the recommended percentage of carbohydrates, protein, and fats a person should eat per day?**

# Answers:

- About 50% of calories should come from carbohydrates
- About 20% should come from proteins
- About 20% should come from fats
- These are called your macronutrients, and they are essential to healthy functioning. Try to incorporate healthy sources of macronutrients such as whole grains, plant-based proteins, and plant-based, unsaturated fats.
- What about fruits and vegetables?

**Fats: About what percentage of your calories should come from saturated fats?**

# About 10% or less of calories per day should be from saturated fats

- Saturated vs. Unsaturated Fats
- Can you calculate the recommended amount of saturated fats you should consume based on your recommended daily calories?
- <https://www.calculator.net/calorie-calculator.html>
- There is evidence that eating high amounts of saturated fats can cause health bad cholesterol and lead to heart issues

**Added sugars: About what percentage of your calories should come from added sugars?**

# **About 10% or less of calories should come from added sugars**

- Natural sugars vs. added sugars- what's the difference?
- Highly processed foods are generally high in added sugars
- Read nutrition labels to determine how many added sugars are in a product.



**Sodium: About how many grams of sodium should you consume per day?**

# About 2,300 milligrams

- This only looks like about 1 teaspoon per day!
- Keep in mind we lose a lot of salts per day through our sweat and urine, so if you are exercising or drinking a lot of water, you may need to consume more sodium.
- Highly processed foods are high in sodium. Most sodium (about 70%) consumed comes from processed food, not cooking.
- Eating too much sodium can lead to high blood pressure

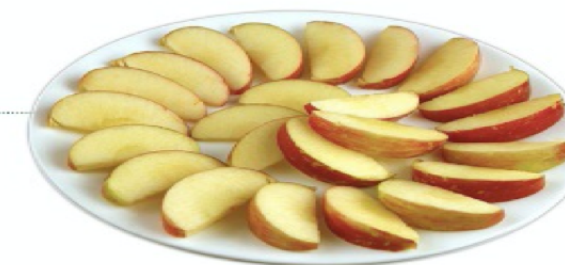
# Activity: Reading Food Labels

- Think back on your favorite comfort food, snack, or beverage. How often do you consume this food? About how many servings would you say you eat in one sitting?
- Use your phone or computer to google the nutrition facts for the food you chose.
- Look at the carbohydrates, fats, protein, added sugars, and sodium and identify the percent daily value (%DV). How do the numbers on the nutrition label compare to the US Dietary Guidelines?

WHAT DOES  
**200 calories**  
LOOK LIKE?



**1.5 OZ GUMMY BEARS**



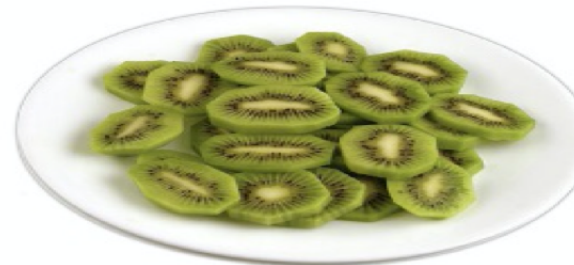
**2 LARGE APPLES**



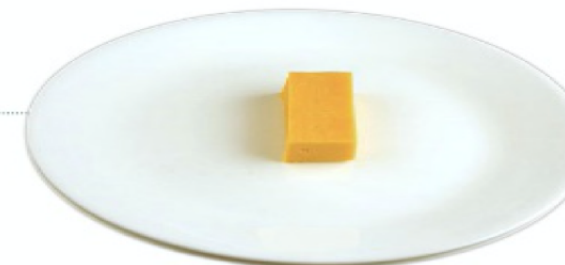
**3 EGGS**



**2/3 OF CANDY BAR**



**4 1/2 KIWI FRUIT**



**2 OZ CHEESE**



**1 OZ BUTTER**



**7 OZ SLICED TURKEY BREAST**



**15 TORTILLA CHIPS**



**21 OZ BROCCOLI**




















*Which of these*  
**200-CALORIE PORTIONS**  
*will keep you*  
**FULLER LONGER?**

If you're trying to lose weight—or  
keep it off—choose foods that  
will fill you up with fewer calories.

























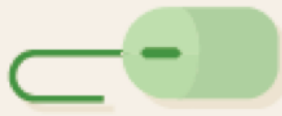












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# BINGO: Match the Foods to the Portion Size

	<b>FISH</b>		<b>CHEESE</b>	Large ladle 	Half a baseball 	Fist  Fist 
	<b>BEANS, LENTILS OR PULSES</b>		<b>MEAT OR POULTRY</b>	6 dice 	Fist 	Checkbook 
	<b>SPAGHETTI</b>		<b>PASTA, RICE, OTHER GRAINS</b>	Half a baseball 	Computer mouse 	Half a baseball 
	<b>LEAFY GREENS</b>		<b>EGGS</b>			
	<b>PASTA SAUCE</b>					

What can we eat the most of? What can we eat the least of?

 <b>FISH</b>	 <b>CHEESE</b>	<b>Large ladle</b> 	<b>Half a baseball</b> 	<b>Fist</b>  <b>Fist</b> 
 <b>BEANS, LENTILS OR PULSES</b>	 <b>MEAT OR POULTRY</b>	<b>6 dice</b> 	<b>Fist</b> 	<b>Checkbook</b> 
 <b>SPAGHETTI</b>	 <b>PASTA, RICE, OTHER GRAINS</b>	<b>Half a baseball</b> 	<b>Computer mouse</b> 	<b>Half a baseball</b> 
 <b>LEAFY GREENS</b>	 <b>EGGS</b>			
 <b>PASTA SAUCE</b>				

		<i>Serving, Uncooked</i>	<i>Serving, Cooked</i>	<i>Relative Size</i>
	<b>FISH</b>	6–7 oz.	3–4 oz.	Checkbook 
	<b>MEAT OR POULTRY</b>	4 oz.	3 oz.	Computer mouse 
	<b>EGGS</b>	2	2	Fist 
	<b>PASTA, RICE, OTHER GRAINS</b>	1 oz. / 1/4 cup	1/2 cup	Half a baseball 
	<b>SPAGHETTI</b>	Nickel-size bundle	1/2 cup	Half a baseball 
	<b>BEANS, LENTILS OR PULSES</b>	1/4 cup	1/2 cup	Half a baseball 
	<b>PASTA SAUCE</b>	1/3 cup	1/3 cup	Large ladel 
	<b>CHEESE</b>	1 oz.	1 oz.	6 dice 

	<b>LEAFY GREENS</b>	1 cup (2 fists)
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# How Many Calories in Your Favorite Beverage?

Cranberry  
Juice  
Cocktail

Orange  
Soda

Orange  
Juice

Cola

FDA Definition  
of Reduced  
Calorie

Sports  
Drink

New Target  
for Food  
Industry

Seltzer With  
a Splash  
of Juice

Coffee With  
a Sugar  
Packet

...



# How Sweet Is It?

## Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage

For more information, see The Nutrition Source, [www.hsph.harvard.edu/nutritionsource/healthy-drinks/](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/)

