

# Childhood obesity is harmful to the whole child and can impact all aspects of their lives.



## EMOTIONAL AND BEHAVIORAL EFFECTS

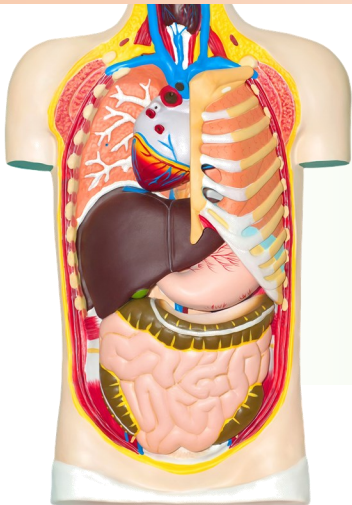
Anxiety, Depression, Low Self-Esteem, Stigmatization, Bullying, Stress, Eating disorders, binge eating and more are all “symptoms” of poor nutrition and obesity.

**\*\*Try positive affirmation and meditation on a daily basis**

## SCHOOL PERFORMANCE AND ATTENDANCE

Low self-esteem and self doubt affects school performance. Bullying is a big cause of student drop out rates. An obesity induced medical condition can cause students to have poor attendance due to constant doctor visits.

**\*\*Eat a balanced breakfast and lunch filled with nutrients dense foods.**



## GET PREVENTABLE MEDICAL CONDITIONS

Eating habits and lifestyle choices are some of the biggest factors in preventing and reversing medical conditions. Those same factors are also able to control and regulate the symptoms of other medical conditions as well. Due to poor nutritional habits, conditions like heart disease, high cholesterol/blood pressure, diabetes, breathing problems, cancer, ADHD, sinus problems, allergies and more are creating a generation full of parents who will out-live their children.

**\*\*Eat an Anti-inflammatory diet, this will help your body heal itself and prevent symptoms and**

## BECOME AN OBESE ADULT

Obese children are highly likely to become obese adults. Obesity lowers life expectancy. Obese children are also at risk for poor quality of life due to poor health conditions and premature death.

**\*\*Creating healthy eating and fitness habits from young age will carry onto your adulthood**





**Eating:** Consuming too much food/calories or eating the wrong foods.

**Environment:** Families share diet and life style habits. Working a demanding job, long work hours and economics are all factors that can make it difficult to maintain a healthy diet. In addition, social eating is a big factor in dealing with unhealthy food choices.

**Emotions:** Food associations and feelings; people tend to associate good feelings with bad foods. Anxiety, depression, low self-esteem, self-doubt and stress are sometimes eased through poor eating habits caused by poor food associations. People reward themselves, children, employees and more with food which is a negative factor to a healthy lifestyle.

**Sleep:** Inadequate amounts of sleep and fatigue can imbalance hormones that affect your appetite. Lack of sleep is bad for your metabolism causing your body not to function properly which can cause weight gain.

**Convenience:** Busy lives create the need for simple solutions. People see fast food, lunchables, pre-packaged chips and snacks, frozen foods, pizza, food delivery like pizza, and convenient stores as quick and simple solutions, however, they are detrimental to your health.

**Medical Conditions:** Certain medical conditions do not allow you to get the adequate amount of exercise per day. Medications used for these conditions have also been known to cause weight gain. Certain medical conditions also cause your body to work improperly like thyroid problems, polycystic ovary syndrome and other hormonal imbalances have also been shown to cause weight gain.

**Exercise:** Lack of exercise. Your heart is a muscle and you need to work it through movement and exercise. Being sedentary can cause a lot of health problems. The cost of gym memberships and not knowing how to exercise properly are two factors that can prevent an adequate amount of exercise.

**Education:** If you don't know how to eat healthy... then you won't eat healthy. Understanding what it means to be healthy and how to eat healthy are vital to successfully living a healthy lifestyle. Also, many people don't know how to eat healthy on a budget.

**Access:** Food deserts are prevalent all over the United States. That means there are several communities without access to a grocery store. In these communities, people turn to feed their families fast food restaurants and purchase their groceries from corner stores. Lack of healthy food choices in certain communities and lack of transportation can also be detrimental factors for lack of healthy eating.



**Eating:** Learn proper nutritional habits such as caloric intake and understanding what healthy foods looks like. Also, learning tricks to make better food choices while dining out, preparing your own meals and reading nutrition labels can be helpful tools to eating better and living better.

**Environment:** Families can change their habits as a unit. Cultural foods can be made the same, just alternating certain ingredients that are healthier choices (example: brown rice instead of white rice). For those working hours or multiple jobs and students, learning to meal prep and pack your lunches and snacks would be a great solution. Learn how to shop healthy on a budget so economics won't affect your eating habits.

**Emotions:** Eating a balanced and nutritious diet can stabilize your mood and make you feel better about yourself. Learn to associate healthy foods with happiness. Don't feel pressured to eat unhealthy appetizers or foods at social outings or events. If you're attending an event, eat before you go, typically the foods at social events and networking meetings are not the healthiest choices.

**Sleep:** Proper sleep will help regulate your hormones and keep your metabolism working properly.

**Convenience:** Prepare to be healthy. If you learn to meal prep or choose to bring your own snacks, you will find it actually more convenient to have your own foods with you. Also, learn what healthy restaurants are close by your home, work and school so you can choose to eat at healthier restaurants.

**Medical Conditions:** Most medical conditions can be prevented, reversed or improved with proper nutrition and a healthy lifestyle.

**Exercise:** Your body needs movement and exercise. Your heart is a muscle which also needs to be worked out with exercise. Exercising will boost your metabolism. Stretching and meditation are also extremely healthy and important for your mind and body.

**Education:** Providing access to teach families and community's how to shop and eat healthy on a budget, read nutrition labels, and truly understand what it means to eat healthy. Learn healthy recipes and explore different fruits and vegetables. YouTube has amazing tutorials for cooking, meal prepping, benefits of different fruits, vegetables, herbs and more.

**Access:** Grocery stores now have food delivery options. So, even if transportation to the grocery store is inaccessible, you can order food online and have it delivered to your door. If you are stuck with a certain choice of foods that aren't the healthiest, then choose the healthier option. Drink water instead of soda or juice, don't add the extra sauces and eat the correct portion size.

# 5 TIPS: Become a healthy advocate for your kids!



**#1**

Don't eat unhealthy foods in front of the students. If you want to eat unhealthy foods as a teacher, do it away from the children. We want you to lead by example. Showing the kids that you care about what you put into your body is extremely important.

**#2**

Don't encourage unhealthy eating. If you see a student eating unhealthy snacks or foods, you should approach that student and ask them if they think that food is healthy or unhealthy. Then, discuss with the student what a healthier alternative would be for that item.

**#3**

Celebrate healthy foods with the students. When you see a student eating a healthy snack or meal approach that student and tell them you are proud of them.

**#4**

You will find that lunch time and snack time will be a very active time for you. The students will be excited to share with you whether their foods are healthy or unhealthy, or they will be inquiring if the foods they are eating are healthy. It is important to engage the students and keep their interest flowing outside of the class.

**#5**

Make it personal. If you have made any changes or learned anything new from this course, share that with the students too so they can feel that you are also included in the healthy eating process. Share your story with them so they don't feel alone because changing your habits can be very hard.



# Nutrition Label Fact Guide

1. Start Here →

2. Check Calories

3. Limit these Nutrients

4. Get Enough of these Nutrients

5. Footnote

Nutrition Facts			
Serving Size 1 cup (226g)			
Servings Per Container 2			
Amount Per serving			
Calories 250		Calories from Fat 110	
			% Daily Value*
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugar 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie intake			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

6. Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

INGREDIENTS  
ALWAYS READ!



# Nutrition Label Fact Guide



Think about nutrition labels as warning labels or caution signs or stop signs. A fruit or vegetable doesn't have a nutrition label because they are healthy for you. Many things, with the exception of canned beans or nuts, come with nutrition labels to tell you why it is not healthy.

It says watch out; you are eating too much sugar or too much fat.

1. **ALWAYS READ THE SERVING SIZE:** The recommended portion of food to be eaten at any one time.
2. **SERVINGS PER CONTAINER:** The amount of servings in the container. These are not necessarily the same so if the serving size is one cup but there are 2 servings in the container, if you eat all of the container, you will need to double the amount of everything on the label.
3. **CHECK CALORIES:** The total amount of calories is per serving. If you are eating more than one serving in the package you must adjust.
4. **TOTAL FAT:** Total of Saturated and Trans fats in foods. Saturated and unsaturated fats are the kinds of fats you want to avoid.
  - **SATURATED FAT:** Contains high proportion of fatty acid molecules: less healthy in the diet than unsaturated fat like healthy oils.
  - **TRANS FAT:** An unhealthy substance, also known as trans fatty acid, made through the chemical process of hydrogenation of oils.
  - **HYDROGENATED OIL:** An oil with trans-fatty acids that have been chemically changed from a room temperature liquid state into a solid. This fat becomes a sticky plastic like substance (one molecule away from being a plastic) and attaches to your arteries.
5. **CHOLESTEROL:** There is good and bad cholesterol. The average person should ingest no more than 200-300 mg daily. So make sure that if you eat foods with cholesterol, it is a healthy choice like salmon, nuts, seeds, avocados, or healthy oils to avoid heart disease.
6. **SODIUM:** Sodium is salt. A person should not consume more than 1000-1500 mg of sodium a day. Think about how much salt is in processed foods, fast foods and other packaged items to help preserve them for a long time on the shelf. Illnesses associated with high sodium intake are high blood pressure and other heart problems.
7. **TOTAL CARBOHYDRATES: Carbohydrate is SUGAR, starch and cellulose.**
  - **SUGARS:** Carbohydrates that can supply energy to living things. Common table sugar is Sucrose. Some other sugars are fructose which are found in fruits, lactose found in milk and glucose which is found in the bodies of animals and plants. Examples of healthy sources of sugar are fruits and vegetables.
  - **FIBER:** Material that cannot be digested but that helps you to digest other food. Examples of foods that are high in fiber include prunes, celery, and carrots. A great thing about Fiber is that it helps you poop!
8. **VITAMINS AND MINERALS:** Compounds necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see properly, to make bones, muscles, skin and organs, as well as to help us battle infections. Deficiencies in certain vitamins and minerals can lead to serious problems.
9. **PROTEIN:** Protein is a substance found in food and drink such as meat, fish, eggs, beans, tofu, protein powders.
9. **INGREDIENTS:** Any of the foods or substances that are combined to make a particular dish or finished product. ALWAYS READ!



## Cracker Comparison Chart

Cracker # 1	Cracker # 2



# Which Would YOU Choose?

## Crackers #1

Nutrition Facts			
Serving Size 5 Crackers Servings Per Container 14			
Amount Per Serving			
Calories 80		Calories from Fat 35	
		% Daily Value*	
Total Fat	4g		24%
Saturated Fat	1g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	10g		3%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%
Percent Daily value reflects "as packaged" food.			
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25
Cholesterol	Less than	300mg	300g
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Enriched Flour (Wheat Flour, Niacin, Reduced Iron Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil (Adds a Trivial Amount of Trans Fat), High Fructose Corn Syrup, Leavening (calcium)

## Crackers #2

Nutrition Facts			
Serving Size 2 TBSP Servings Per Container 14			
Amount Per Serving			
Calories 120		Calories from Fat 140	
		% Daily Value*	
Total Fat	4.5 g		24%
Saturated Fat	0.5g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		7%
Total Carbohydrate	19g		2%
Dietary Fiber	3g		10%
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%
Percent Daily value reflects "as packaged" food.			
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Whole Wheat, Soybean Oil, Salt, Monoglycerides



# Eat Better Live Better

We offer a game-changing curriculum to 3 different age groups: 4-5 years olds, grades K-5th and 6th-12th. Understanding nutrition is key in living a healthy lifestyle. Working with children to help them gain the adequate knowledge to make healthy food choices is key in our programming.

**By the end of our sessions the children will be able to:**

- Properly identify healthy and unhealthy proteins, carbohydrates and fats.
- Read, understand and explain a nutritional label.
- Identify healthy snack and meal choices.
- Have better food associations.
- Become nutritionally self-sufficient.

**We provide classes for parents such as "Shopping Healthy on a Budget", "Order This Not That", "Farmers Market and Grocery Store Tours" and many more!**

**We have a Healthy Advocacy Workshop that teaches your team to become advocates in the community. During our half-day workshop, your team will have better understanding of the following:**

- How to read nutritional labels.
- Healthy snack and meal ideas.
- What foods trigger different diseases.
- How proper nutrition can improve production in the workplace.
- Work ergonomics.
- Tips for making healthier food choices.
- How nutrition impacts the community.
- How to become advocates of healthy eating.
- How bullying and medical conditions are directly related to nutrition.
- Plus more!



**We build community gardens, host cooking classes and are available for individual and family consultations**

**www.EBLB.org | Info@EBLB.org | 678-428-3370  
301 W Atlantic Ave, Suite O-6, Delray Beach FL 33444**





**Eat Better**

**Live Better**

# Online Course For Educators

[TeachKidsNutrition.com](http://TeachKidsNutrition.com)







Childhood obesity is a national epidemic. Let your school be a part of the solution

## What the kids learn

- How to read and understand a nutrition label
- Create a healthy plate and lunch box
- Better associations between foods and feelings
- Understanding of Carbohydrates, Fats, and Proteins

... and much more!

Healthy eating is fundamental to the growth of our children!

## The Eat Better Live Better Online Course for Educators

Get your school, center or youth programming site certified today to teach the Eat Better Live Better Curriculum!!

Get certified in less than a day  
Curriculum designed for K- 5th graders

The curriculum is eight weeks long  
Great for after school programming, clubs, and more

This program empowers children to make healthy choices and makes the students nutritionally responsible and aware



To find out more



678-428-3370



info@eblb.org



TeachKidsNutrition.com







## Certification Course Pricing

TIERS	# OF EDUCATORS	PRICE PER PERSON
1	4 (Minimum)	\$199
2	5 - 10	\$184
3	11 - 20	\$169
4	21 - 30	\$154
5	31 - 40	\$139
6	41 - 50	\$124
7	51+	Contact us for rates

### **\*\* SPECIAL PRICING FOR TITLE I SCHOOLS**

Let's become nutritionally responsible and learn how to Eat Better and Live Better.

Register today or call for more information.



To find out more

678-428-3370

info@eblb.org

TeachKidsNutrition.com

## The Eat Better Live Better Online Course for Educators

Want to know how to teach kids nutrition?

Become an Eat Better Live Better Certified School today!

Our hands-on, fun, interactive, and effective curriculum will not only help your students learn and understand nutrition, but will make them love it!

The staff will also learn how to eat better and live better and become advocates of healthy living.

All schools will receive a plaque for becoming an Eat Better Live Better Certified School. The teachers will receive a certificate that will certify them to teach our curriculum and receive a T-Shirt!



## Professional Bio for Debra Tendrich



**Debra Tendrich** is the Founder and CEO of a non-profit organization called Eat Better Live Better (EBLB). The mission of Eat Better Live Better is to combat and control childhood obesity by creating nutritional programs that create permanent change within families and communities. Debra was obese as a child and became an obese adult. Weighing almost 200 pounds and only standing only 5'1, Debra was diagnosed with high cholesterol and decided to make a shift into a healthy lifestyle. She dedicated 30 days to workout daily and to learn to eat healthy. During those 30 days, she fell in love with health and fitness, thus began her journey.

Even though Debra lost 70 pounds and dropped her cholesterol by almost 100 points, she still believes the biggest transformation she made was the impact she made by influencing her daughter. Her new healthy lifestyle directly impacted her child and that gave her the inspiration to continue her journey. Her daughter, Amira, was borderline ADHD, and by applying the principles of EBLB and proper nutrition, all the symptoms disappeared.

Since 2014, she has dedicated her time volunteering at schools and providing a tremendous amount of community outreach and service. She donated over 600 backpacks and school supplies throughout the Palm Beach County Schools, volunteers for Career Days, helps organize anti-bullying pep-rallies and speaks to students and teachers about fitness and nutrition. She also implements a program that transitions children, families and communities into a healthy lifestyle. Debra is dedicated to making a huge impact in the community and thrives to become a community leader to create a positive and permanent change in the overall health of the community.

Eat Better Live Better was founded by Tendrich in 2016. Since it's inception, Debra has worked with approximately 1000 kids, parents and teachers in 2017 and is on target to help over 3,300 in 2018. Due to the exponential growth of EBLB, she is designing a certification course that will allow schools and other community-based organizations to teach her effective and hands-on curriculum to the youth that they serve on a national level.

Not only is she implementing her program throughout Palm Beach County, she is also involved with several other organizations and always helps when help is needed. Currently, Debra sits on the Advisory Board for the FAU School of Social Work and is also a board member for the Palm Beach County Crime Prevention Officers Association(PBCCPOA). Currently Debra is co-chairing the counties nutrition initiative with the Birth to 22 Project and sits on the Hunger Relief and Nutrition Education Committees with the United Way PBC. She is a very active member of the Boca Chamber of Commerce and is also an Ambassador. She is a Leadership Boca Graduate and just graduated from the GLASS Leadership Program through the ADL (Anti-Defamation League).

Debra was honored by the Association of Women in Communications and is also an active member of the AWCSF. Eat Better Live Better was nominated for non-profit of the year by Non-Profits First, Woman of Distinction by Soroptomist and Volunteer of The Year by the Junior League of Boca Raton. She was also awarded a Certificate of Community Service and Dedication by the Guardian Angels.

To further her advocacy in the community, she became a mentor for the Viner Mentorship Program. Aside from youth and family health, Debra is a firm believer in women empowerment and recently joined 100 Women Who Care and is joining their South Palm Beach Chapter Committee. She is a published author in the Parklander Magazine to help raise awareness of childhood obesity and the community issues that are directly correlated to this catastrophic epidemic.



Debra has earned the endorsements from several community leaders along with state and government representatives. She is a volunteer public speaker to several youth organizations through the Palm Beach County Commission, like Future Leaders United For Change, and other organizations like the Upward Bound Program.

Contracted by the City of West Palm Beach, Greenacres and and more, Debra is currently implementing her program throughout the county and several other organizations. Her public recognition by The Palm Beach Post, Sun Sentinel, Boca and Delray newspapers and other publications about her positive impact in the community proves that Debra is leading by example by being a huge advocate and role model for the youth, families and communities she serves.



Debra Tendrich won the title Ms. Florida Woman of Achievement 2017-2018 through the National Woman of Achievement Pageant System. She is competing for Ms. U.S. Woman of Achievement in Long Beach California in November 2018.

*Debra can be booked for guest appearances or special speaking events. If you're interested in having Debra attend your event, please email her directly at [info@eblb.org](mailto:info@eblb.org).*



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