

# Eat Healthy, Live Healthy

## Pre-reading

### Questions:

- What does the title mean?
- What clues does the picture give you about the content of the story?

### Definitions:

- Obese – very fat; very overweight
- Prefer - to like one thing better than another
- Serving – a portion of food for one person



Source: [www.Landry.com](http://www.Landry.com)

## Reading

17 65% of Americans are overweight or obese. Manuel was one of them. He drank a Coke for  
35 breakfast. Mid-morning he would eat a donut or bag of chips. His daily lunch was a fast-food  
burger, french fries and a pop. (He preferred the super-size serving.)

47 Manuel was at risk for major health problems. Heart disease and diabetes were in his future.  
63 He knew changes needed to be made. He wanted to make better food choices.

77 Manuel wasn't sure how or where to start. He decided to visit the public health office. He  
94 talked with a public health nurse. She was very helpful. She explained the food groups and talked  
111 about serving sizes. She helped Manuel set up a plan for healthy eating.

124 For their first meeting, they chose to focus on the Bread and Cereal Group, and the Fruit  
141 and Vegetable Group. Manuel could eat the most from the Bread and Cereal Group. He could eat  
159 up to nine servings a day. One serving is one slice of bread, a half cup of rice, or one cup of cold  
181 cereal. One serving is also a half cup of pasta or a half of a bagel.

197 Manuel needed four servings a day from the Vegetable Group. One serving is a half cup of  
214 raw or cooked vegetables, eight small carrot sticks, or a small salad. From the Fruit Group,  
230 Manuel needed three servings a day. One serving of fruit is a dozen grapes, one-fourth cup of  
248 dried fruit, or a half of a grapefruit.

256 Manuel now makes food choices based on the food groups and serving sizes. He is putting  
272 healthy foods in his body and is feeling better on the outside and inside! After all, you are what  
291 you eat!

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