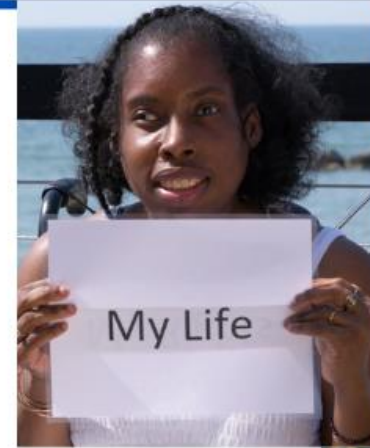


# Knowing My Rights

IT'S MY LIFE, MY RIGHTS



**MY LIFE, MY RIGHTS**

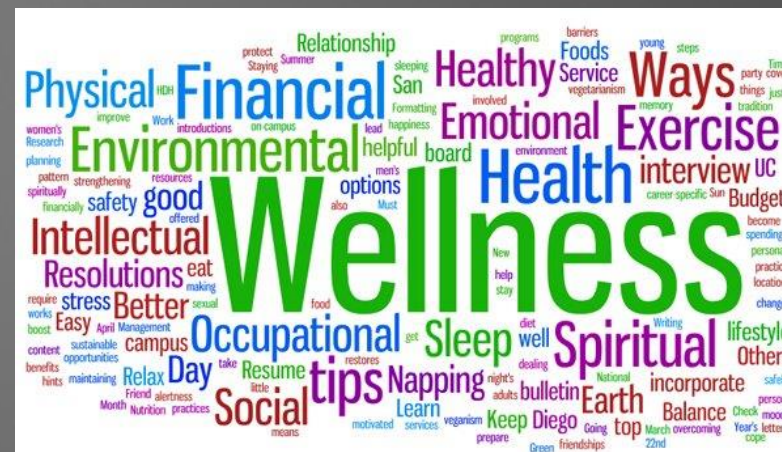
**KNOWING MY RIGHTS:**

*Nutrition and Wellness*

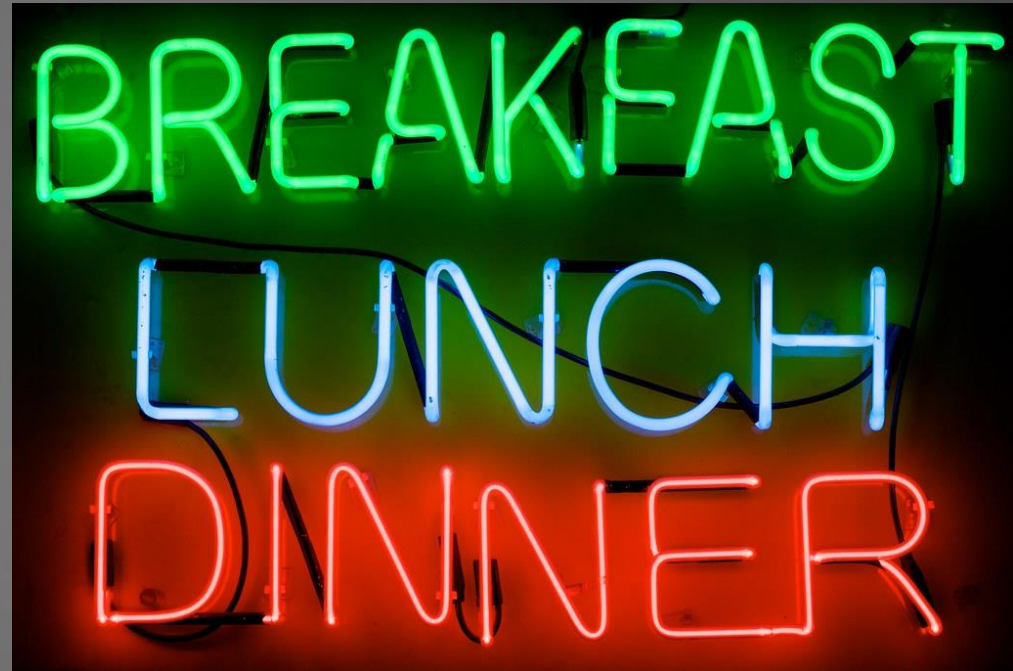
**DECEMBER 10, 2020**

**1-2 PM**

# What did you learn?



***When do  
you make  
decisions  
about the  
food you  
eat?***



# *Healthy or Unhealthy?*



# Portion Size

## Portion Distortion

What you're served



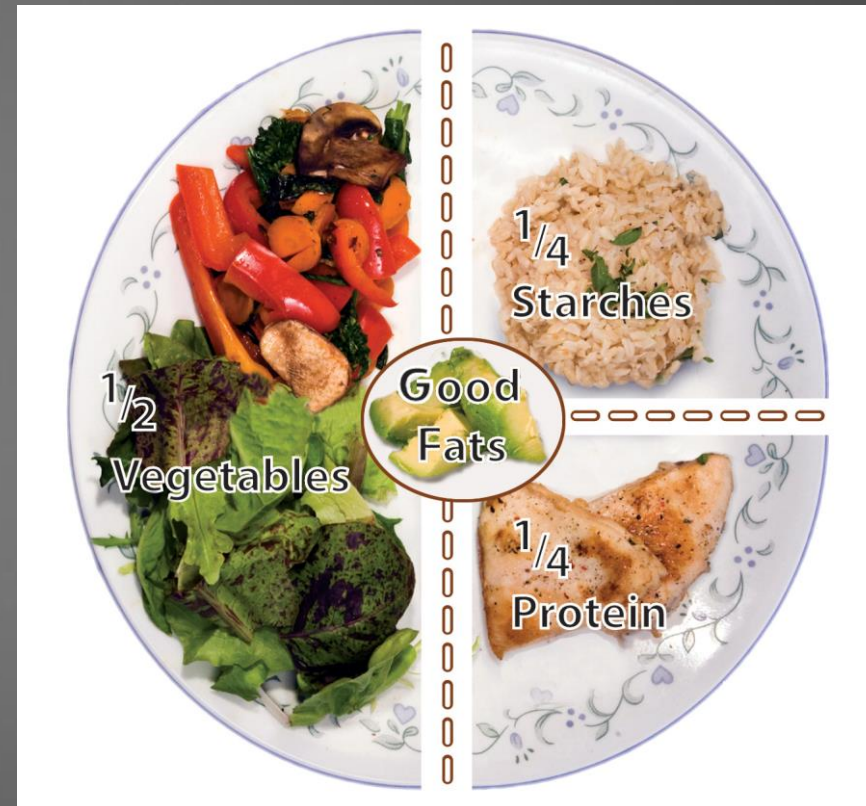
1/2 lb. cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce.  
**1,345 calories**  
**53 grams fat**

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.  
**685 calories**  
**33 grams fat**

The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program. The University of Illinois at Chicago Neighborhood Initiatives in the Local Food Administration took for ©2007. The USDA, USA



Placebo

Clinical Study

Clinical Trials

Experiment

Research



***Diet is related to medical issues?***

# Thank You For Joining Us!

## MY LIFE, MY RIGHTS KNOWING MY RIGHTS

*Nutrition and Wellness*

**THURSDAY, DECEMBER 10, 2020**

