

# Healthy Eating# 1

**Client:** Orange Co. Health Dept.  
**Title:** Web Video  
**Length:** 3 Minutes  
**Production Date:** June 2009

**Producer:** Jennifer Graham  
**Director:** Darrell Hill  
**Writer(s):** Dain Weister, Mirna Chamorro  
**Talent:** Dain Weister, Mirna Chamorro

<b>AUDIO</b>	<b>VIDEO</b>
<p><b>On Camera Intro</b> Hello, you're watching "Your Health Matters" from the Orange County Health Department. This is a short informative video series on health topics that matter.</p> <p>This segment addresses the importance of developing healthy eating habits. This is the best way to keep yourself and the people you love from developing obesity and its complications.</p>	<p><b>TRT: 1:25</b> <b>Dain Weister (English Video)</b> <b>Orange Co. Health Dept.</b></p> <p><b>Mirna Chamorro (Spanish Video)</b> <b>Orange Co. Health Dept.</b></p>
<p><b>VO</b> Adults who are overweight or obese are at an increased risk for developing chronic illnesses.</p>	<p><b>Maria E. Mesa, MNS, RD, LD</b></p>
<p><b>SOT</b> Examples of chronic illnesses include: "Heart disease, type 2 diabetes, high blood pressure, certain cancers, and other chronic conditions. Also, research has shown that overweight children are at high risk of being overweight or obese as adults."</p>	<p><b>Senior Public Health Nutritionist Supervisor</b></p> <p><b>(English &amp; Spanish Videos)</b></p>
<p><b>VO</b> You can maintain a healthy weight by staying physically active and carefully monitoring what you eat through portion control.</p>	<p><b>Maria E. Mesa, MNS, RD, LD</b></p>
<p><b>SOT</b> "A portion is the amount of food you choose to eat, or the amount offered to you at a restaurant, or the amount offered in the packaging of prepared foods." Portions can be big or small, it depends on how much you choose to eat.</p>	<p><b>Senior Public Health Nutritionist Supervisor</b></p> <p><b>(English &amp; Spanish Videos)</b></p>

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## **AUDIO**

### **VO**

Don't rely on restaurants and food vendors to count your portions for you, or you may end up eating more than you think. Average portion sizes have increased over the past 20 years.

### **SOT**

"Often plates served at restaurants have enough food for two or three people. Also bags of snack foods or soft drinks in vending machines and the grocery store are offered in large sizes that contain multiple servings."

### **VO**

Control your portion sizes at restaurants by taking half of your meal home. Stop eating when you begin to feel full. And don't order sugary soft drinks.

### **SOT**

"Choose leaner cuts of meat which include round cuts and sirloin cuts. Trim all visible fat off meats before eating."

### **VO**

There are guidelines that you can use to measure your portion sizes.

**Maria E. Mesa, MNS, RD, LD**

**Senior Public Health Nutritionist  
Supervisor**

**(English & Spanish Videos)**

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<b>AUDIO</b>	<b>VIDEO</b>
<p><b>On Camera Demonstration</b> A half cup of cooked rice or pasta is about the size of a lightbulb.</p> <p>3 ounces of lean meat, fish, or poultry is the size of a deck of cards</p> <p>A half cup of cooked dry beans is the size of a lightbulb.</p> <p>2 tablespoons of light salad dressing and peanut butter is the size of a golf ball.</p> <p><b>SOT</b> "Besides portion sizes, another way you can eat healthier is to make substitutions... such as...choose water instead of sugar-sweetened sodas. Choose whole fruit more often than fruit juice. Choose breakfast cereals that contain no or little added sugars. Choose and prepare foods with little salt"</p>	<p><b>Video of person showing portion sizes</b></p> <p><b>Maria E. Mesa, MNS, RD, LD</b> <b>Senior Public Health Nutritionist Supervisor</b>  (English &amp; Spanish Videos)</p> <p><b>Dain Weister (English Video)</b> <b>Orange Co. Health Dept.</b> <b>Mirna Chamorro (Spanish Video)</b></p>
<p><b>On Camera</b> Those deals that some restaurants have that offer you more food for a little extra money may seem like a good value, but you end up consuming more calories than you need. Try to prepare more meals at home where you can control your portion sizes. Remember Your Health Matters at the Orange County Health Department.</p>	

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