

Appendix 1
Social Media Posts



Tips to lose weight fast in 7 days



Eat 1 cucumber daily



Drink 8 glass of water daily



Walk for few minutes daily



Sleep 7 hours at night



Add ginger and turmeric in food



Skip sugary beverages



Drink green tea daily



Eat more vegetables



Do skipping daily morning



@PlantifulFacts

Metabolic Syndrome

Drinking 1 soda a day increase your risk of diabetes by 67%

Skin Rashes

Sodas contain flame-retardant brominated vegetable oil (BVO), a chemical linked to rashes and nerve disorders

Accelerated Aging

Phosphates and phosphoric acid increase the shelf life of colas - but are linked to accelerated aging



Fatty Blood

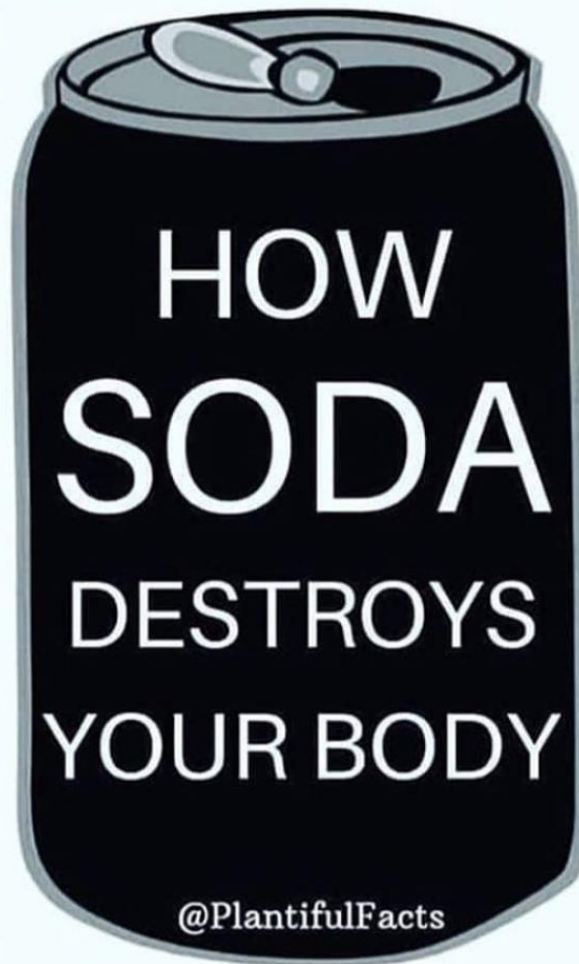
A soda a day could increase triglycerides by 30%, hardening your arteries

Brain Damage

When mixed with a common food dye, the fake sweetener aspartame becomes toxic to the brain cells

Tooth Sensitivity

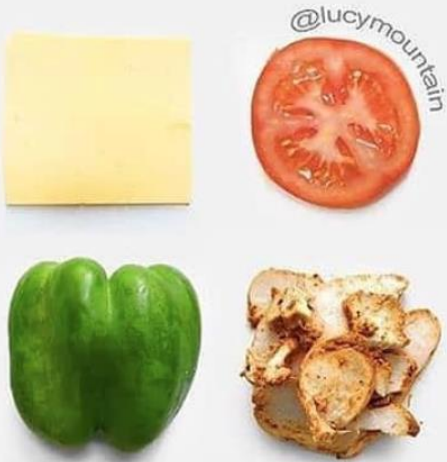
Phosphoric and citric acids alter pH balance in the mouth, leading to permanent enamel erosion



low carb sandwich !



a very small salad



DID YOU KNOW?

Smelling green apples or bananas can help a person lose weight.



HEALTHY SWAPS

@MAXLUGAVERE



Tortilla chips
Usually loaded with unhealthy oils



Cucumber slices
Mostly water and fiber, with a hit of vitamin K



Ketchup
Loaded with sugar (usually high-fructose corn syrup)



Hummus
Low glycemic load and good source of resistant starch



Mayo
Usually loaded with unhealthy oils



Guacamole
Healthy fats plus lots of potassium, fiber, carotenoids

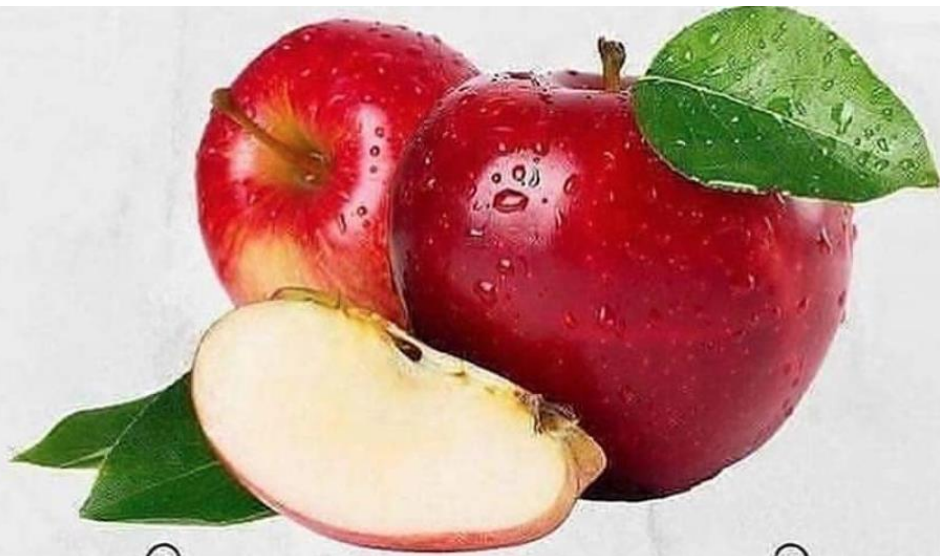


Cooked potato
High glycemic load



Cooked & cooled potato
Reduced glycemic load due to formation of digestion resistant starch





APPLE

✓ **BREAKFAST**

**APPLE CONTAINS PECTIN WHICH
LOWERS BLOOD SUGAR AND
CHOLESTEROL LEVELS**

✗ **DINNER**

**- PECTIN IS HARD TO DIGEST AT
NIGHT
- INCREASES STOMACH ACID**

1200 CALORIE MEAL PLAN

Breakfast



1 cup plain yogurt
1 cup of berries

Lunch

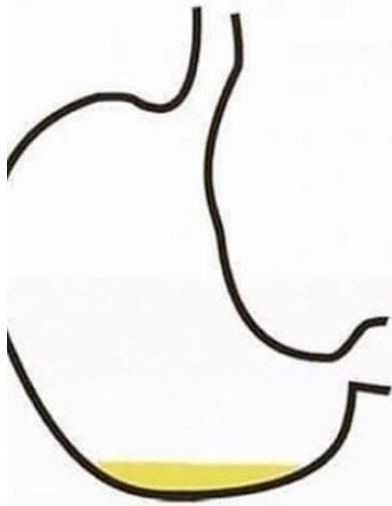


Turkey sandwich
(6-8 oz turkey)
1 apple

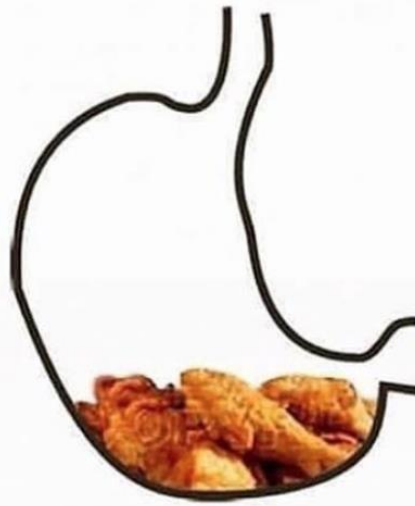
Dinner



6 oz salmon
1 medium potato
1 cup broccoli



400 calories
of oil



400 calories
of chicken



400 calories
of vegetables

Regular Pizza



**Rice Cake
"Pizza"**



HEALTHY SWAPS

@MAXLUGAVERE



Burger bun

Empty calories from refined white flour



Portabello mushroom cap

Fiber, beta glucans, minerals, and antioxidants



Tortilla

Empty calories from refined white flour or corn



Sturdy lettuce

Fiber, phytonutrients, few calories, vitamins and minerals



Dried fruit

Easy to overconsume and often have added sugar



Fresh fruit

Full of water, more difficult to overconsume, no added sugar



Frozen yogurt

Loaded with sugar and emulsifiers



Full-fat Greek yogurt

Full of protein, and low in sugar. Add your own toppings!

'GOOD'



50g corn flakes
+ 200ml semi skimmed milk

289 cal

10.5g protein | 1.5g fibre | 14g sugar

'BAD'

@thefitnesschef_



50g frosties
+ 200ml semi skimmed milk

288 cal

9.3g protein | 1g fibre | 28g sugar

*Despite 'health' focused marketing, most cereals are similar in calories, protein, fibre & sugar

References:

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6. Unknown. Photo of apple for breakfast/dinner. Instagram. Unknown date.
7. Nutrition Hackz. Photo of 1200 calorie meal plan. Instagram. June 21 2020.
<https://www.instagram.com/p/CBsyp5CFTEm/>
8. Unknown. Photo of 400 calories. Instagram. Unknown date.
9. Nutrition Tutorial. Photo of regular pizza and rice cake pizza. Instagram. June 14 2020.
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10. Max Lugavere. Photo of healthy swaps. Instagram. November 19 2019.
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11. (Bonus) Healthy Weight Loss. Photo of cereal. Instagram. June 21 2020.
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Appendix 2

Social Media Posts Worksheet



Social Media Posts Worksheet



Directions: Complete the chart below at each station with your group

Group members: _____

	Brief description of the image	Have you seen something similar on social media? (circle)	Do you believe the information presented is credible or not credible?
Image # 1		YES NO	
Image # 2		YES NO	
Image # 3		YES NO	
Image # 4		YES NO	

Image # 5		YES	NO	
Image # 6		YES	NO	
Image # 7		YES	NO	
Image # 8		YES	NO	
Image # 9		YES	NO	
Image # 10		YES	NO	

Appendix 3

Journal Response



