

# NUTRITION



## A BALANCED DIET

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

### WATER

Our bodies are 70% water.



### CARBOHYDRATES

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

#### Sugars

#### Starches



### PROTEINS

They help growth and repair cells, including teeth and nails.



### FIBRE

It is not absorbed into the body but helps digestion and excretion.



### VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.



### FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.



Exercise is also an important element of staying healthy.

Remember: **KEEP HEALTHY!**

# Nutrition Guide Ideas

**SA Dillow**



## **Nutrition Guide Ideas:**

**Nutrition Education Materials** Holly Berry Irving,1987      Nutrition Education Printed Materials and Audiovisuals  
Shirley King Evans,1990      Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food  
and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes  
subject personal author corporate author title and media index      **Homemakers' Acceptance of Nutrition Information**  
**in an Urban Community** United States. Bureau of Agricultural Economics,1948      *Nutrition and the Elderly* Shirley King  
Evans,1990      **The American Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic  
Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost  
authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to  
healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from  
so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The  
American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite  
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what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the  
headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included  
are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen  
nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association  
is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal s Top Health  
Books of 1996 Winner of a 1997 Health Information Award A must for everyone s kitchen The Oregonian Jam packed with  
practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the  
ultimate healthy eating primer Fitness Magazine      **Nutrition Curriculum Activities Kit** Paul E. Bell,1986 These kits  
were designed to provide students in grades 5 12 with the knowledge and skills necessary to make personal dietary decisions  
Topics covered include basic nutrition concepts diet planning special diets meal planning and preparation and nutrition  
issues      *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center  
(U.S.),1976      **Quick Bibliography Series** ,1976      **Nutrition Activities for Senior Citizens** Sandra Bert  
Sherman,1981      **Battle Creek Idea** ,1907      Nutrition Handbook for Teachers, a Supplement to the Curriculum Guides  
for Elementary School Teachers Massachusetts. Dept. of Public Health,1952      **Mr. P.'s diary: facts, ideas, suggestions,**  
**reflections, and confessions** James Thornton Hoskins,1893      **Guide to the Information Activities of European**

**Development Networks** Unesco,1991 Includes a profile section on list of organizations by country and network profiles

Ideas for Refreshment Rooms ,1923      **Guide to the Information Activities of European Development Networks** ,1991      *Nutrition Education for Preschoolers* ,1984      **Nutrition Throughout the Life Cycle** Sue Rodwell Williams,Bonnie S. Worthington-Roberts,1988 Abstract This comprehensive text is designed primarily for students in upper division courses in life cycle nutrition and for health professionals working in both individual and community programs Focus is on human growth and development needs at each stage of life pregnancy and lactation infancy childhood adolescence adults and the aging process and special needs of the elderly in the aging population Discussions are provided on the changing body at each stage in the human life cycle ways of determining nutritional status and needs along the way the special needs of persons carrying increased risk at different ages and stressful life situations and new approaches to nutrition education for health promotion This text includes illustrations appendices charts learning aids and a glossary      *Nutrition Guide for Professionals* Margaret A. Powers (RD.),1988 Abstract This publication is intended to provide guidance concerning diabetes nutrition care The guide emphasizes the need to individualize diabetic meal planning and expands the description of meal planning to include alternatives to the exchange system The exchange system however is the model diabetic diet and receives special attention in this publication Objectives and activities to be used when teaching the use of the exchange lists for meal planning are outlined The complete nutrient composition data base that was used to develop the 1986 Exchange Lists is included      Baking Technology ,1924

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