

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).

PROTEINS

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

Sugars

Starches



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

**Food and Nutrition Information and
Educational Materials Center (U.S.)**



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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
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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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