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.

CARBOHYDRATES

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

Sugars

Starches

WATER

Our bodies are 70% water.

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

EW Minium

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 **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 **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 foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and 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 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.).,1976 <u>Quick Bibliography Series</u> ,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   Health and Diet Cecil Webb-Johnson,1930   **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   **Baking Technology** ,1924

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