

# 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

**Annelies Wilder-Smith**



## **Nutrition Guide Ideas:**

*Homemakers' Acceptance of Nutrition Information in an Urban Community* United States. Bureau of Agricultural Economics, 1948     *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     [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     *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     **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976     [Nutrition Perspectives](#), 1977     [Battle Creek Idea](#), 1907     *Food Management*, 1994     [Guide to the Information Activities of European Development Networks](#) Unesco, 1991 Includes a profile section on list of organizations by country and network profiles     **Nutrition Handbook for Teachers, a Supplement to the Curriculum Guides for Elementary School Teachers** Massachusetts. Dept. of Public Health, 1952     **Willing's press guide** James Willing, 2004     **Guide to**

**the Information Activities of European Development Networks** ,1991    **Nutrition Connection** ,1995    **Ideas for Refreshment Rooms** ,1923    **American Motherhood** ,1912    **Label Facts for Healthful Eating** Mona Boyd Browne,1994 Gives educators the basic information they need to help consumers understand and use the new food label The two brochures contain basic information about the new food label the consumer fact sheets contain practical information on a variety of food label topics and the educator s resource guide contains background information on labeling research summaries label education activities a food labeling glossary and an extensive list of resources    Health and Diet Cecil Webb-Johnson,1930    **Catalog of Publications and Audiovisuals** Cornell Cooperative Extension,1994

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