

# 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

**Massachusetts. Dept. of Public Health**

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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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