HEALTHY DIET

HOW DOES NUTRITIONAL REQUIREMENT VARY FROM PERSON TO PERSON?

HOW DO WE PLAN A DIET ACCORDING TO OUR NUTRITIONAL REQUIREMENTS?

HOW DO WE READ PRODUCT LABELS?

WHAT ARE THE EFFECTS OF FOOD ADDITIVES ON OUR HEALTH?

THIS BOY IS HAVING A MEAL. HIS MEAL CONSISTS OF A HAMBURGUER, FRIES AND ORANGE JUICE.

1. IS HE EATING THE RIGHT TYPE OF FOOD?

2. DOES EVERYONE NEED TO EAT THE SAME TYPE OF FOOD?

1. IS HE EATING THE RIGHT TYPE OF FOOD?

NO, THE FRIES AND HAMBURGUER CONTAIN A LARGE AMOUNT OF FATS.

2. DOES EVERYONE NEED TO EAT THE SAME TYPE OF FOOD?

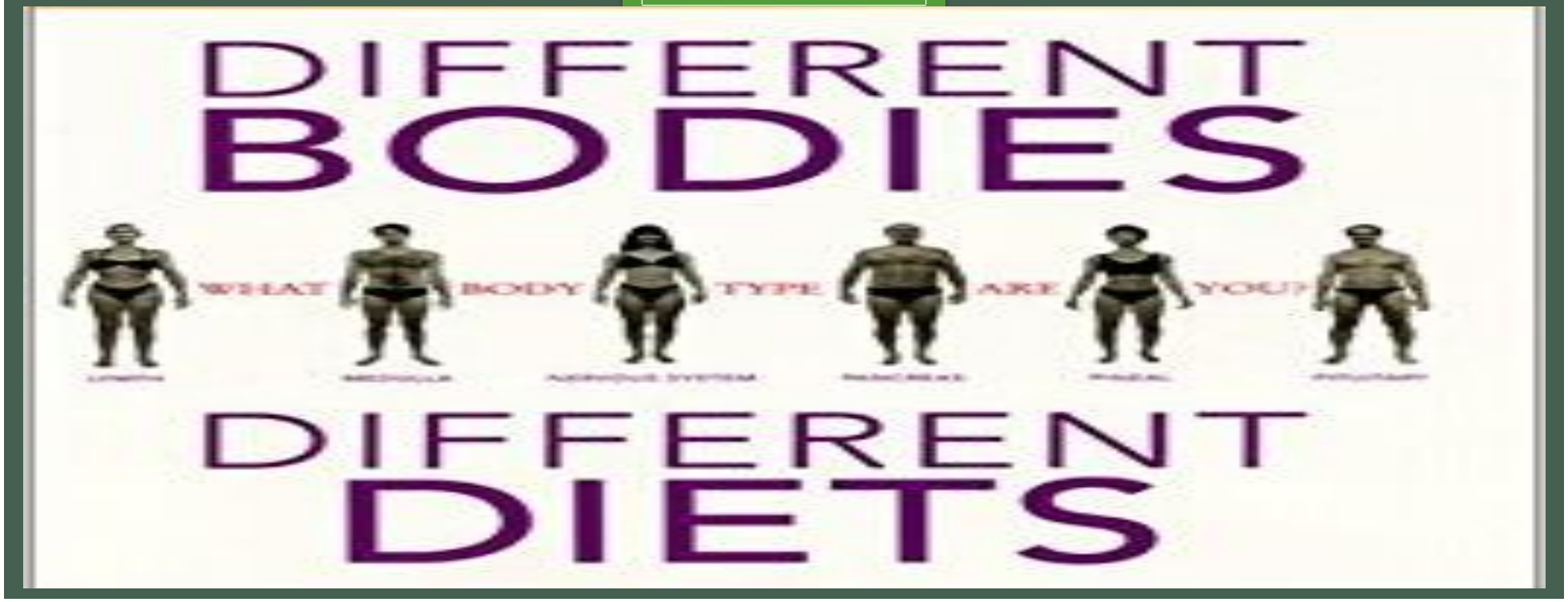
NO, DIFFERENT PEOPLE HAVE TO EAT DIFFERENT TYPES OF FOOD DEPENDING ON WHAT THEIR BODY NEEDS.

THE FOOD WE EAT FALLS INTO THREE CATEGORIES:

ENERGY-GIVING FOODS: CARBOHYDRATES

BODY-BUILDING FOODS: PROTEINS

FOODS FOR PROTECTION: VITAMINS AND MINERALS

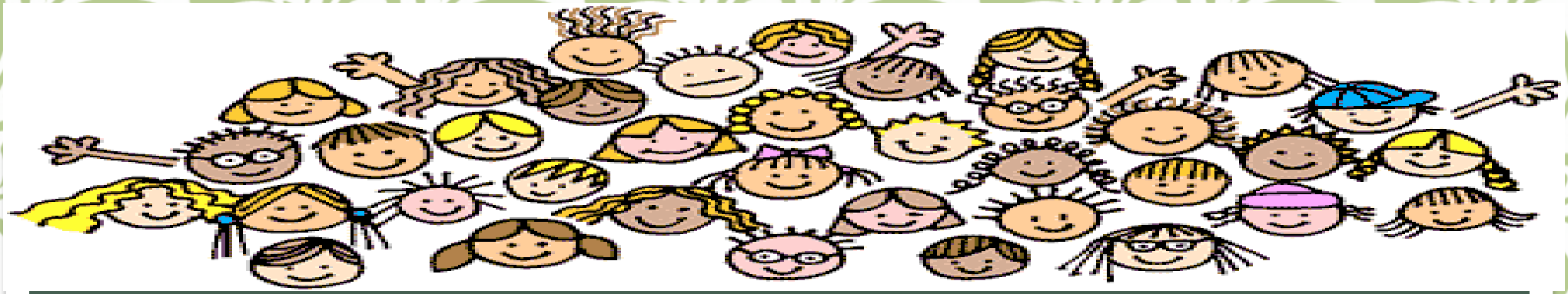

DIFFERENT
BODIES
WHAT BODY TYPE ARE YOU?
DIFFERENT
DIETS

HOW DOES DIET VARY FROM PERSON TO PERSON?

DIET VARIES FROM PERSON TO PERSON DEPENDING ON THEIR NUTRIONAL REQUIREMENT, WHICH VARIES WITH AGE, GENDER, BODY WEIGHT AND ACTIVITIES.

FOOD PROVIDES US WITH THE NUTRIENTS THAT OUR BODY NEEDS. DIFFERENT PEOPLE HAVE TO EAT DIFFERENT AMOUNTS AND TYPES OF FOOD, THESE AMOUNTS ARE KNOWN AS: ***NUTRITIONAL REQUIREMENT.***

AGE

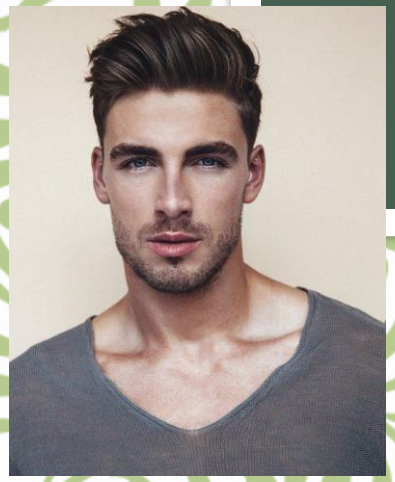
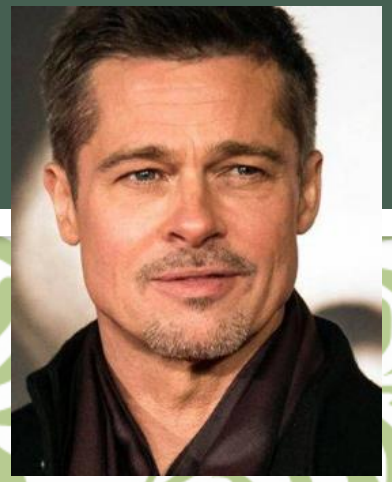


CHILDREN HAVE TO EAT MORE PROTEINS THAN ELDERLY PEOPLE AS THEY ARE STILL GROWING, CHILDREN ALSO HAVE TO EAT MORE CARBOHYDRATES BECAUSE THEY NEED MORE ENERGY.

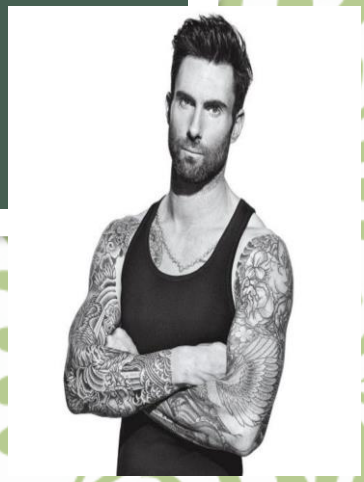
ELDERLY PEOPLE HAVE TO EAT MODERATE AMOUNTS OF PROTEINS AND SMALL AMOUNTS OF CARBOHYDRATES. THIS IS BECAUSE THEY REQUIRE LESS ENERGY FOR THEIR BODY TO FUNCTION.

GENDER

MEN GENERALLY HAVE A HIGHER NUTRITIONAL REQUIREMENT THAN WOMEN. MEN TEND TO BE MORE ACTIVE, BIGGER, STRONGER, AND TALLER THAN WOMEN OF THE SAME AGE.

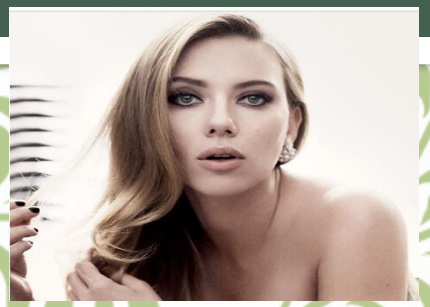







WOMEN GENERALLY HAVE A LOWER NUTRITIONAL REQUIREMENT THAN MEN. IT IS IMPORTANT FOR WOMEN TO EAT MORE FOODS RICH IN CALCIUM AN IRON. CALCIUM HELPS TO LOWER THE CHANCE OF GETTING BONE DISORDERS, WHICH AFFECT WOMEN MORE THAN MEN. WOMEN NEED MORE IRON BECAUSE THEY LOSE IRON EVERY MONTH DURING THE MENSTRUAL CYCLE.






BODY WEIGHT

A HEAVIER PERSON NEEDS A LOT OF ENERGY FOR HIS BODY TO FUNCTION. SO, HE HAS A HIGH NUTRITIONAL REQUIREMENT.

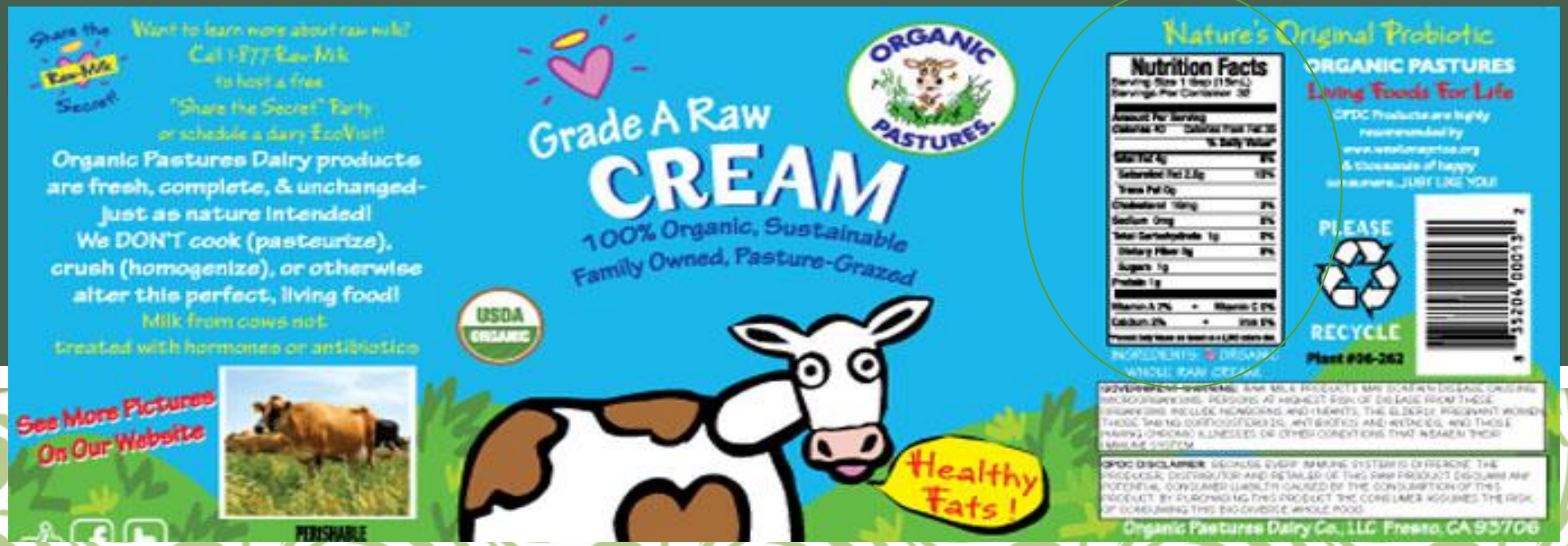
A LIGHTER PERSON NEEDS LESS ENERGY THAN A HEAVIER PERSON FOR HIS BODY TO FUNCTION. SO, A LIGHTER PERSON HAS A LOWER NUTRITIONAL REQUIREMENT.

ACTIVITIES

A FARMER HAS TO EAT A LOT OF CARBOHYDRATES. HE NEEDS A LARGE AMOUNT OF ENERGY TO DO PHYSICAL WORK ON THE FIELD.

A PERSON WHO WORKS AT HIS DESK MOST OF THE TIME IS NOT VERY ACTIVE. HE HAS TO EAT LESS CARBOHYDRATES THAN A VERY ACTIVE PERSON BECAUSE HE NEEDS LESS ENERGY.

PRODUCT LABELS



MOST FOOD PRODUCTS HAVE PRODUCT LABELS ON THEIR PACKAGING. PRODUCT LABELS GIVE US INFORMATION ABOUT THE FOOD PRODUCTS WE EAT.

SERVING SIZE: it gives an idea of the amount of this food product a person usually eats in one sitting

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), BLT Seasoning (Maltodextrin [Made From Corn], Salt, Sour Cream [Cultured Cream, Skim Milk], Sugar, Tomato Powder, Natural Flavors [Including Natural Bacon Type Flavor and Natural Lettuce Type Flavor], Spices, Dextrose, Whey, Medium Chain Triglycerides, Brown Sugar, and Paprika Extracts).
CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving

Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Potassium 320mg	**9%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**5%**
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 10%
Calcium 0%	•	Iron 2%
Thiamin 4%	•	Niacin 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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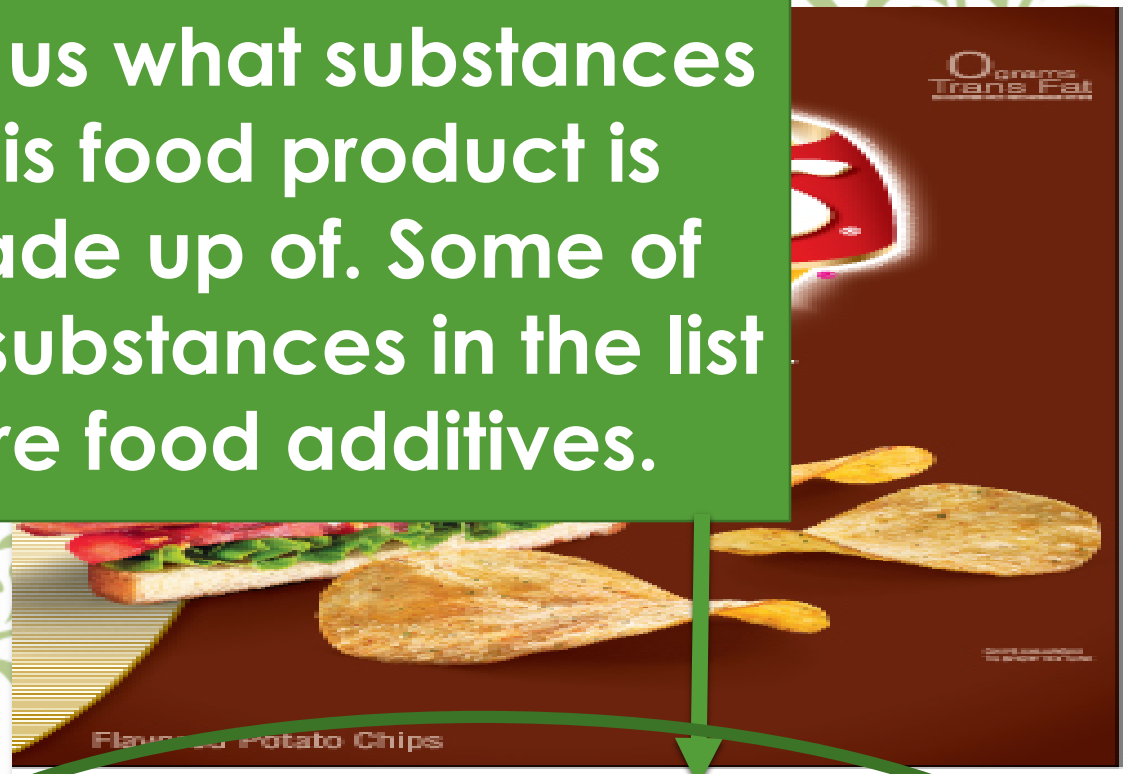
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS LIST: This list tells us what substances this food product is made up of. Some of the substances in the list are food additives.



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PRECAUTIONARY MEASURE: this warns us about food substances in this food product that may cause allergic reactions or may not be suitable for people with certain illnesses.

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NUTRITIONAL FACTS: This table tell us the amount of each nutrient found in this product.

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Energy: this tell us the amount of *calories* there are in one serving of this food product. The total amount of calories we need each day depends on many factors including our level of activity.

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Total fat: this tell us the total fat content in one serving of this food product. Less fat is better for health.

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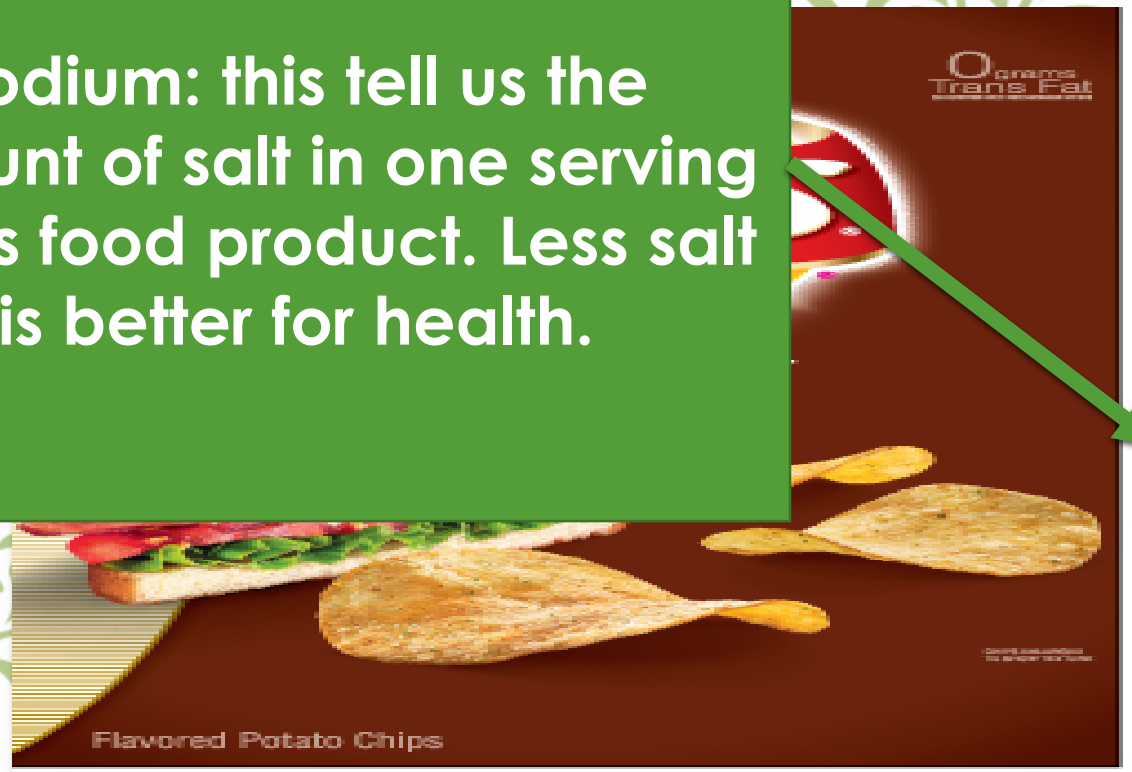

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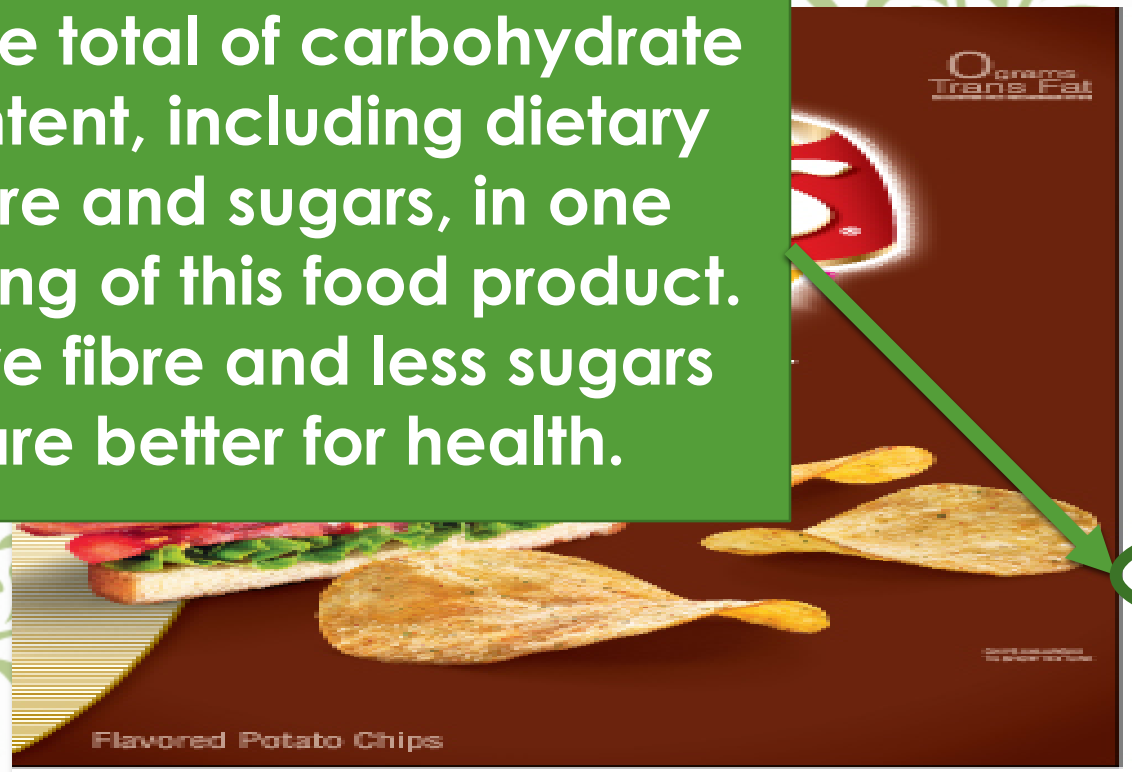

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EFFECTS OF FOOD ADDITIVES ON OUR HEALTH

WHAT ARE THE FOOD ADDITIVES AND HOW DO THEY AFFECT OUR HEALTH?

FOOD ADDITIVES ARE ADDED TO FOOD TO MANTAIN ITS QUALITY, AND IMPROVE ITS TASTE AND APPEARANCE. LARGE AMOUNTS OF FOOD ADDITIVES CAN CAUSE HARMFUL SHORT-TERM AND LONG-TERM EFFECTS.

COMMON FOOD ADDITIVES ARE SUGAR, SALT AND VINEGAR.

MOST PACKAGED FOODS CONTAIN FOOD ADDITIVES. PACKAGED FOODS ARE FOODS THAT ARE MANUFACTURED OUTSIDE THE HOME AND CAN BE BOUGHT AT VARIOUS PLACES INCLUDING SUPERMARKETS.

SHORT – TERM EFFECTS OF FOOD ADDITIVES		LONG –TERM EFFECTS OF FOOD ADDITIVES
UNEASINESS IN STOMACH AND URGE TO VOMIT.	GIDDY FEELING	HIGHER CHANCE OF GETTING HEART DISEASE AND CANCER.
DIARRHOEA	SKIN PROBLEMS	HIGHER CHANCE OF ORGANS NOT WORKING PROPERLY
FASTER HEART BEAT	HEADACHE	

IT´S IMPORTANT TO READ A PRODUCT LABEL TO FIND OUT WHAT FOOD ADDITIVES ARE PRESENT IN THE FOOD PRODUCT. AVOIDING CONSUMPTION OF LARGE AMOUNTS OF FOOD ADDITIVES WILL HELP US TO BE HEALTHY AND SAFE.