

The background of the slide is a repeating pattern of stylized green leaves and branches on a light green background. A dark green rectangular box is centered on the slide, containing the text. A small, solid green rectangle is positioned at the top center of the dark green box.

# 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?



read

read



# 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



# DIFFERENT DIETS



HOW DOES DIET  
VARY FROM PERSON  
TO PERSON?



DIET VARIES FROM PERSON TO PERSON DEPENDING ON THEIR NUTRITIONAL 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.**

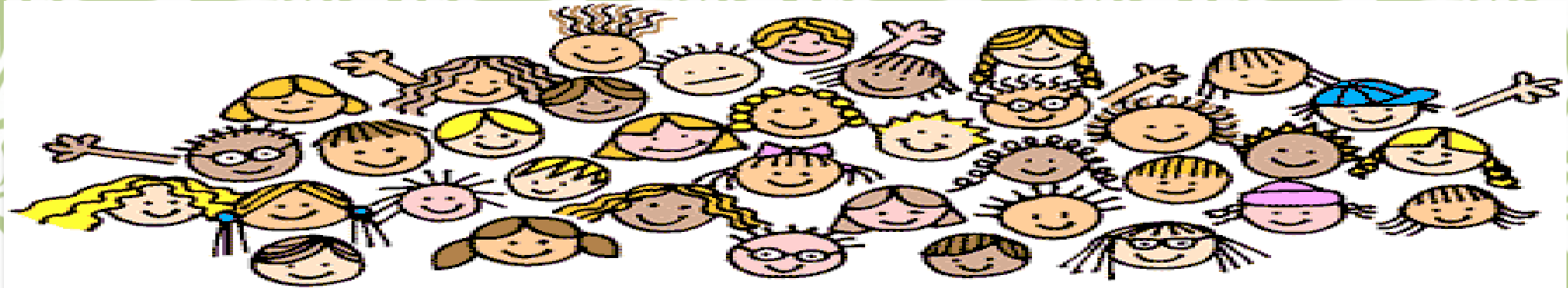






AGE





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.

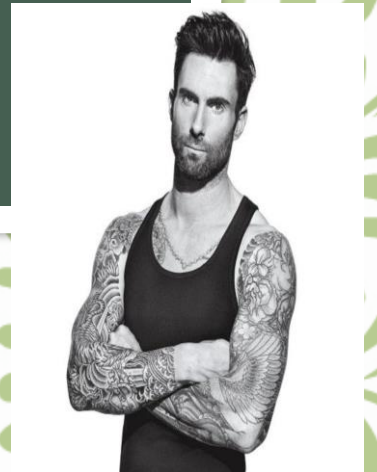
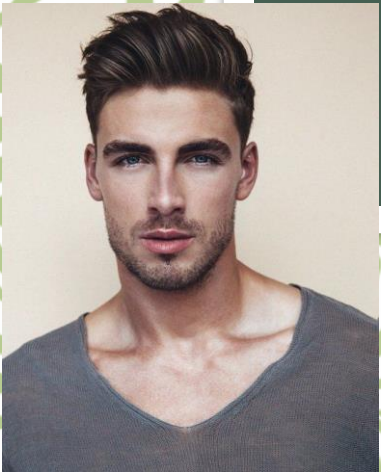


# GENDER

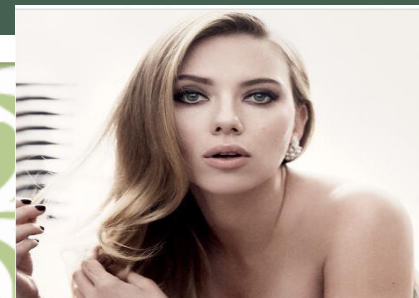




MEN GENERALLY HAVE A HIGHER NUTRITIONAL REQUIREMENT THAN WOMEN. MEN TEND TO BE MORE ACTIVE, BIGGER, STRONGER, AND TALLER THAN WOMEN OF THE SAME AGE.



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

Share the **Raw Milk Secret!** Want to learn more about raw milk? Call 1-877-RAW-MILK to host a free "Share the Secret" Party or schedule a dairy EcoVisit!

Organic Pastures Dairy products are fresh, complete, & unchanged—just as nature intended! We DON'T cook (pasteurize), crush (homogenize), or otherwise alter this perfect, living food! Milk from cows not treated with hormones or antibiotics.

**Grade A Raw CREAM**  
100% Organic, Sustainable  
Family Owned, Pasture-Grazed

**ORGANIC PASTURES**

**USDA ORGANIC**

**Healthy Fats!**

**Nature's Original Probiotic**  
**ORGANIC PASTURES**  
**Living Foods For Life**

OPDC Products are highly recommended by [www.wellnesspress.org](http://www.wellnesspress.org) & thousands of happy consumers...JUST LIKE YOU!

**PLEASE RECYCLE**

Plant #36-262

**Nutrition Facts**  
Serving Size 1 Cup (15mL)  
Servings Per Container 30

Amount Per Serving	% Daily Value*
Calories 10	2%
Total Fat 1g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 1g	2%
Dietary Fiber 0g	0%
Sugars 1g	2%
Protein 1g	2%
<b>% Daily Value*</b>	
Minimum 2%	Minimum 0%
Calcium 2%	Vitamin C 0%

\*Percent Daily Values are based on a diet of fresh air and sunshine.

**INGREDIENTS: ORGANIC PASTURES GRADE A RAW CREAM**

DISCLAIMER: OPDC'S RAW MILK PRODUCTS MAY CONTAIN BACTERIA, INCLUDING MICROORGANISMS, PERSONS AT HIGHEST RISK OF ILLNESS FROM THESE ORGANISMS INCLUDE INFANTS AND YOUNG CHILDREN, THE ELDERLY, PREGNANT WOMEN, THOSE TAKING IMMUNOSUPPRESSIVE MEDICATIONS AND VETERANS, AND THOSE WITH PREVIOUS (CHRONIC) ILLNESSES OR OTHER CONDITIONS THAT WEAKEN THEIR IMMUNE SYSTEM.

OPDC DISCLAIMER: BECAUSE EVERY BARRING SYSTEMS OF FERRON, THE POTENTIAL DUTY OF OPDC AND RETAILER OF THIS RAW PRODUCT IS TO PROVIDE AND POTENTIAL, CONSUMER LIABILITY CAUSED BY THE CONSUMPTION OF THIS PRODUCT. BY PURCHASING THIS PRODUCT THE CONSUMER ASSUMES THE RISK OF CONSUMING THIS BIOLOGIC WHOLE FOOD.

Organic Pastures Dairy Co., LLC Fresno, CA 95706



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		% Daily Value*	
<b>Calories</b>	160	Calories from Fat 90	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	10g		<b>15%</b>
Saturated Fat	1.5g		<b>7%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	150mg		<b>6%</b>
<b>Potassium</b>	320mg		<b>9%</b>
<b>Total Carbohydrate</b>	15g		<b>5%</b>
Dietary Fiber	1g		<b>5%</b>
Sugars	1g		
<b>Protein</b>	2g		
<b>Vitamin A</b>	0%	-	<b>Vitamin C</b> 10%
<b>Calcium</b>	0%	-	<b>Iron</b> 2%
<b>Thiamin</b>	4%	-	<b>Niacin</b> 4%

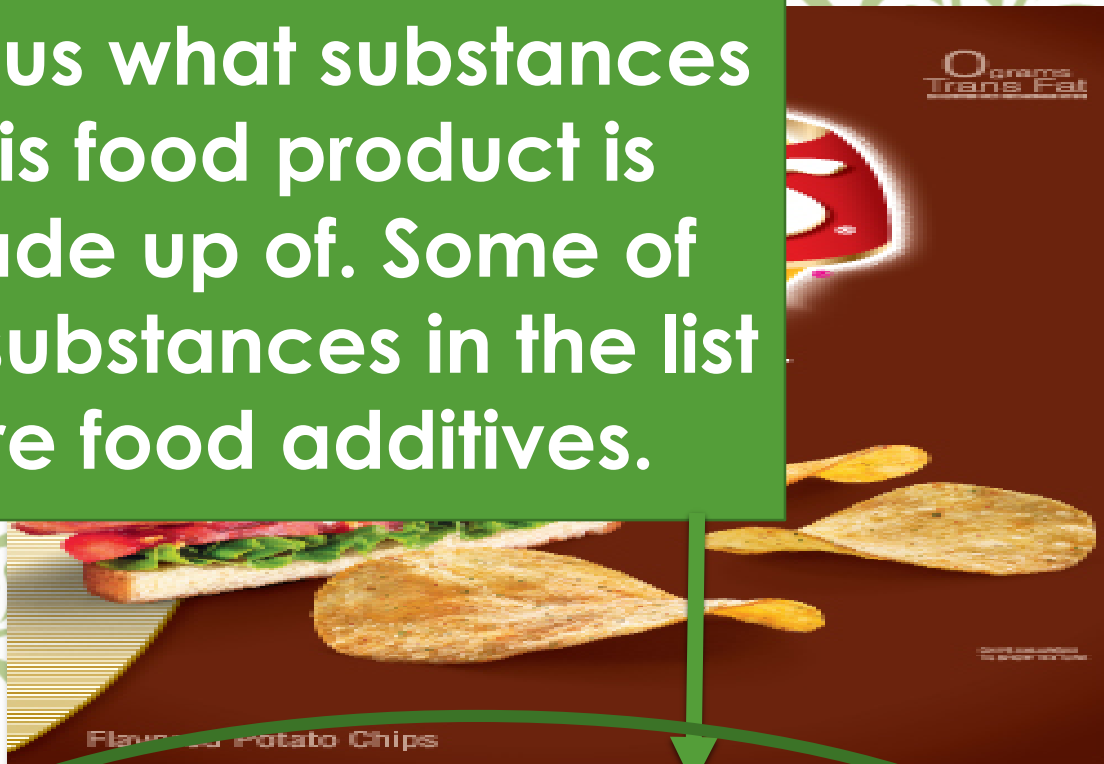
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
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.



**Ingredients:** Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), BLEND 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%

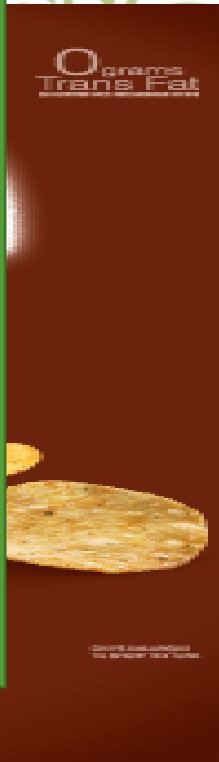
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Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      -      Carbohydrate 4      -      Protein 4

**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.



Flavored Potato Chips

**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
Sat Fat	Less than	20g	25g
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

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



**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).  
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**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%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      -      Carbohydrate 4      -      Protein 4



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.



**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).  
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**Cholesterol 0mg**      **0%**

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**Total Carbohydrate 15g**      **5%**

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**Protein 2g**

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Calcium 0%      -      Iron 2%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      -      Carbohydrate 4      -      Protein 4

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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Calories per gram:  
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Sodium: this tell us the amount of salt in one serving of this food product. Less salt is better for health.



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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      -      Carbohydrate 4      -      Protein 4



Total carbohydrate: this tells us the total of carbohydrate content, including dietary fibre and sugars, in one serving of this food product. More fibre and less sugars are better for health.



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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 MAINTAIN 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.

The background of the slide is a repeating pattern of stylized green leaves and branches on a light green background. A dark green rectangular box is centered at the top of the slide, containing a white rectangular area with a thin white border. The text is centered within this white area.

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

The background of the entire image is a repeating pattern of stylized green leaves and branches on a light green background. The leaves are arranged in a dense, overlapping manner, creating a lush, naturalistic feel. The text is centered within a dark green rectangular box that has a white border. A small, solid green rectangle is positioned above the text box, centered horizontally.

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.