

FOOD AND NUTRITION



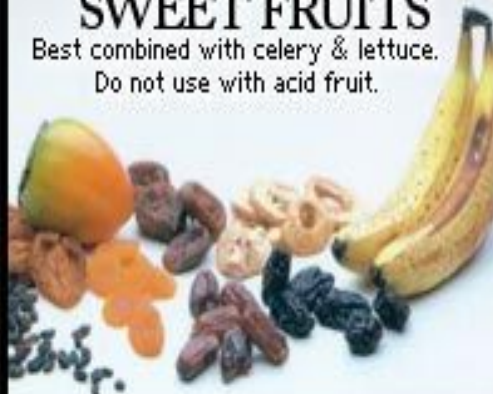
Calories

Food gives the body the energy it needs for everything it does, from repairing damaged cells to sleeping. A calorie is a measure of the amount of energy a food can produce. The body changes the calories in food to energy.



SWEET FRUITS

Best combined with celery & lettuce.
Do not use with acid fruit.



FOOD COMBINING *for* HEALTH

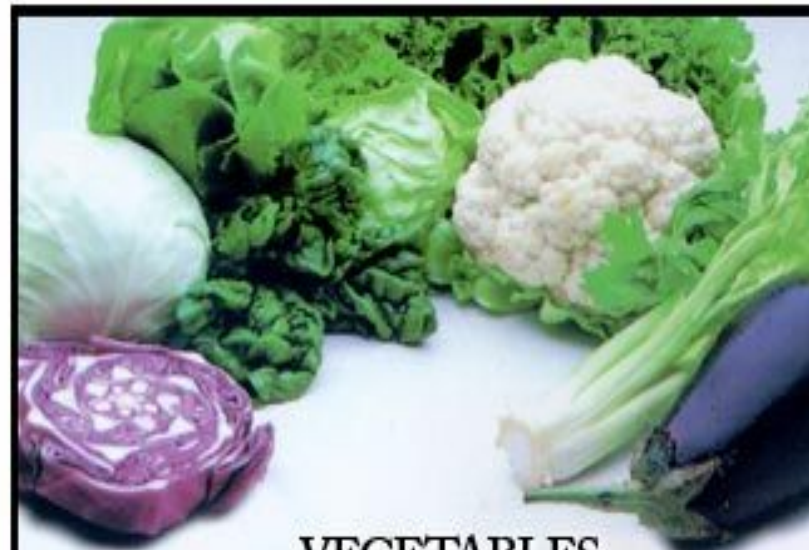
PROTEINS

Best combined with salads.
Do not use with sugar & starches.



SUB-ACID FRUITS

Combined with acid or sweet fruits, but not both. Good with lettuce or celery.



VEGETABLES

Combines well with most foods.



STARCHES

Best combined with green salads
(no tomatoes). Do not use with protein
& fruit.



ACID FRUITS

Best combined with sub-acid but not sweet
fruits. Good with lettuce & celery.



MELONS

Best combined alone.
Does not combine well with other foods.



When a person eats more food than the body needs, the body changes the extra calories into fat. Eating less food than the body needs will cause a person to lose weight.



The number of calories needed by a person each day depends on how much energy a person's body uses. For example, an active child usually needs more calories than an adult who works at a desk





Nutrients

Food also provides the nutrients that the body needs to function and maintain itself. These nutrients are proteins, carbohydrates, fats and oils, minerals, vitamins, and water.





NUTRITION

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Proteins

Proteins are needed for body tissue to grow and repair itself. People can get the protein they need from animal sources such as meat, fish, poultry, and eggs and from plant sources such as beans, peas, nuts, and breads.





Carbohydrates

Carbohydrates give the body most of the energy it needs. Starches and sugars are carbohydrates. Starches are found in foods such as rice, potatoes, wheat, and corn. Sugars are found in honey and other sweet foods.



Fats and Oils

Fats and liquid fats called oils are sources of energy that the body can store. The body uses fats to maintain its temperature and to cushion organs. Fats also make up part of all human body cells and help the body use certain vitamins. Although fats are important to the body, they can also be harmful.





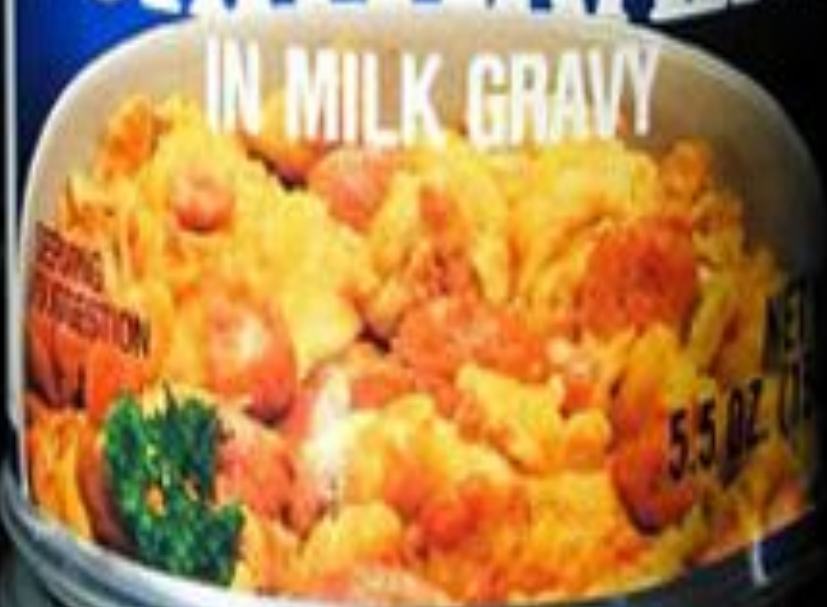


For example, saturated fats that come from meat can raise the level of cholesterol in the blood. Cholesterol is a natural, waxy substance made by the body. It helps to form digestive juices and does other important work. However, when body cells cannot absorb any more cholesterol, the extra begins to build up in the walls of the blood vessels, gradually narrowing them. This condition may lead to a heart attack or stroke.

ARMOUR

PORK BRAINS

IN MILK GRAVY



INGREDIENTS: Pork Brains, Milk. Less than 2 percent Water, Corn Starch, Salt, Sodium Nitrite.

Nutrition Facts	Amount/serving	%DV*	Amount/serving 100%
Serv. Size 2/3 cup (156g)	Total Fat 5g	8%	Sodium 550mg 25%
Servings 1 can	Sat. Fat 2.5g	13%	Total Carb. 10g 2%
Calories 150	Cholest. 3500mg	1170%	Protein 16g
Fat Cal. 45	Percent Daily Values (DV) are based on a 2,000 calorie diet.		

Vitamin A 0% • Vitamin C 10% • Calcium 0% • Iron 10%
Not a significant source of fiber and sugars.



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PHOENIX, AZ 85077



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DANGER



**FAST
FOOD
KILLS**

MINERALS


Minerals serve a variety of purposes. Calcium, for example, builds bones and teeth and helps to clot blood. It can be found in milk and hard cheese. Another mineral, iron, is needed to build red blood cells and carry oxygen from the lungs to other body cells. Good sources of iron include meat, egg yolks, and dark green vegetables. Other minerals important to the human body are iodine, magnesium, phosphorous, copper, sodium, potassium, and zinc.



Vitamins

The body also needs vitamins. Vitamin C keeps gums healthy and helps the body absorb iron. Vitamin D works with calcium and phosphorus to make strong bones and teeth. Other vitamins are A, E, K, and the B-complex vitamins.

Vitamin B₃



Food sources of Niacin (vitamin B3) include dairy, poultry, fish, lean meat, nuts and eggs

ADAM.

This graphic features the text 'Vitamin B3' at the top. Below it is a collection of food items: a whole roasted chicken, a glass of milk, a pitcher of milk, a piece of salmon, a piece of steak, a whole fish, several eggs, and a pile of nuts. At the bottom right is the ADAM. logo.

Vitamin C

Citrus fruits, green peppers, strawberries, tomatoes, broccoli and sweet and white potatoes are all excellent food sources of vitamin C (ascorbic acid)



ADAM.

This graphic features the text 'Vitamin C' at the top. Below it is a collection of food items: several oranges, lemons, limes, a green bell pepper, a red bell pepper, a tomato, a strawberry, and a head of broccoli. At the bottom right is the ADAM. logo.



Passefrucht
per 100g € 1.30
Mandel € 1.30

Starfrucht
per 100g € 1.20

Starfrucht
per 100g € 1.20

Starfrucht
per 100g € 1.20

Nüsse
per 100g € 1.50

Äpfel
per 100g € 1.00

Äpfel
per 100g € 1.00

Äpfel
per 100g € 1.00

Äpfel
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Äpfel
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Äpfel
per 100g € 1.00



Water

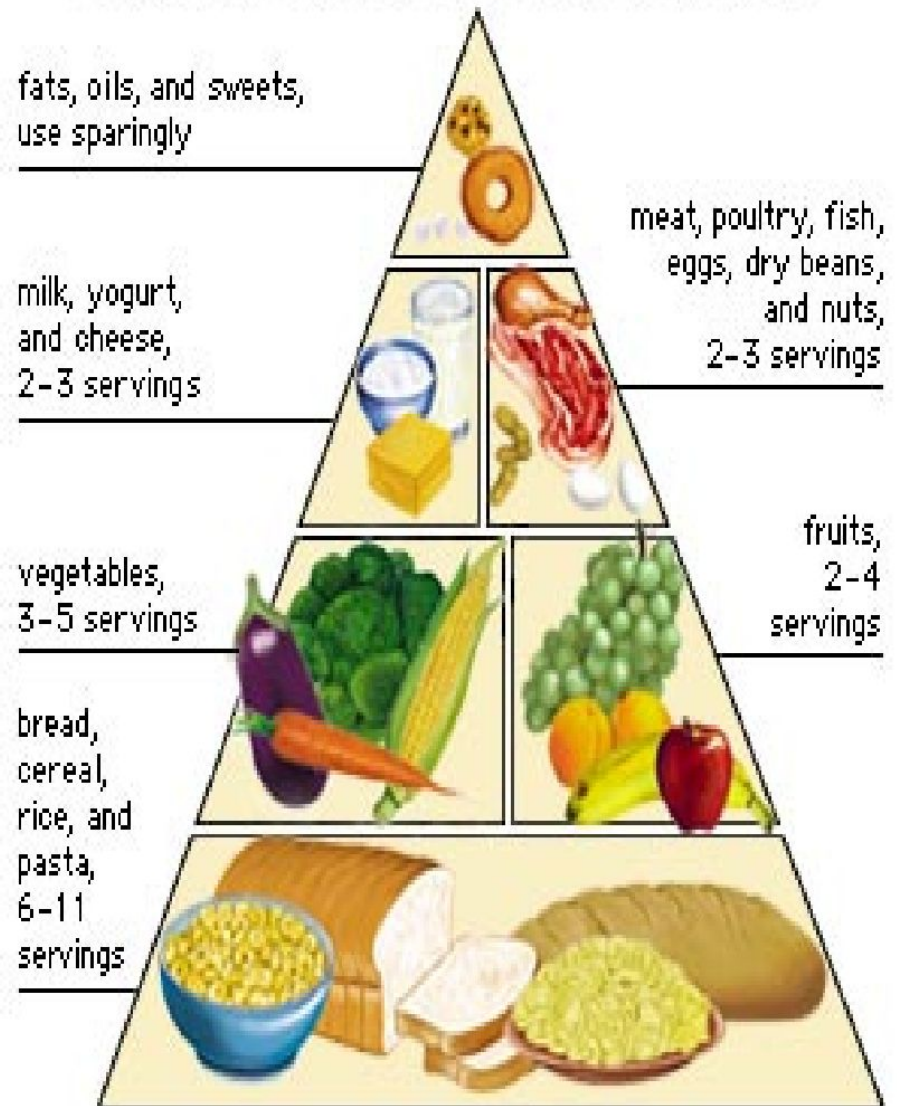
Water is important in many chemical reactions in the body. Water also helps the body get rid of wastes and maintain its temperature. Water makes up about 60 percent of an adult's body weight.



FOOD PYRAMID

Scientists have created a chart called the food pyramid to show how much of different groups of food a person should eat in order to be healthy. In general they recommend that people eat more grains, vegetables, fruits, and milk and fewer fats and oils.

Original USDA Food Guide Pyramid



Source: U.S. Department of Agriculture

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People should try to eat several servings of grains, vegetables, fruits, dairy products, and meat ...

Plate Method



Vegetables



Potatoes

Rice

Pasta



Meat

Poultry

Fish

MyPyramid.gov

STEPS TO A HEALTHIER YOU

USDA Food Guide Pyramid

Maintain balance between food and physical activity.



original
USDA Food Guide
Pyramid



Chinese
Food Guide
Pagoda



grains	vegetables	fruits	fats and oils	milk	meat, fish, eggs, and beans
6 ounces	2.5 cups	2 cups	limit intake	3 cups	5.5 ounces

Recommended daily intake for a 2,000-calorie diet.

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Source: U.S. Department of Agriculture

