

# Fiber. Iron. Calcium.



# Fiber:

-fiber is a resistant to enzymes of the human digestive system vegetable fibers. The basic physical properties of fiber is its elasticity and strength.

The benefits of eating fiber:

- ▶ Fiber normalizes the blood sugar level
- ▶ Normalizes digestion
- ▶ Fight with cholesterol
- ▶ Struggling with cancer
- ▶ Removes the "extra weight"
- ▶ Fights many diseases



# Foods with a high fiber content:

- ▶ Fruit
- ▶ Vegetables
- ▶ Nuts
- ▶ Dried fruits
- ▶ Cereals etc.



# Iron:

-one of the main chemicals that is responsible for the normal functioning of the body. This trace mineral is part of hemoglobin, which enters into the tissues of the oxygen and removes them from the carbon. Iron is essential for making thyroid hormones that regulate metabolism.

Functions of iron:

- ▶ supports the immune system;
- ▶ strengthens bone tissue;
- ▶ supports the work of the pancreas;
- ▶ normalizes blood circulation;
- ▶ increases physical activity;



# Foods with a high iron content:

- ▶ Seafood
- ▶ Meat
- ▶ Briar
- ▶ Mushrooms
- ▶ Apples
- ▶ Nuts etc.



# Calcium:

-important mineral that is part of the diet in large quantities. However, he must be present in correct proportions.

Benefits of calcium for the human body?

Calcium is a mineral needed to build and maintain strong bones and teeth, which also helps a number of other processes in the body, such as

- ▶ Blood clotting;
- ▶ The contraction of the muscles;
- ▶ Enzyme output;
- ▶ Secretion of hormones;
- ▶ The correct functioning of the nervous system and so on.

# Foods with a high calcium content:

- ▶ Meat
- ▶ Fish
- ▶ Eggs
- ▶ Cereal
- ▶ Fruit
- ▶ Vegetables
- ▶ Berries
- ▶ Greens etc



Thank you for your attention:

