

# Wellness

## CAMPUS

### MODULE 4 GO FOODS



WHICH GO FOOD IS MORE NUTRITIOUS?

# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote

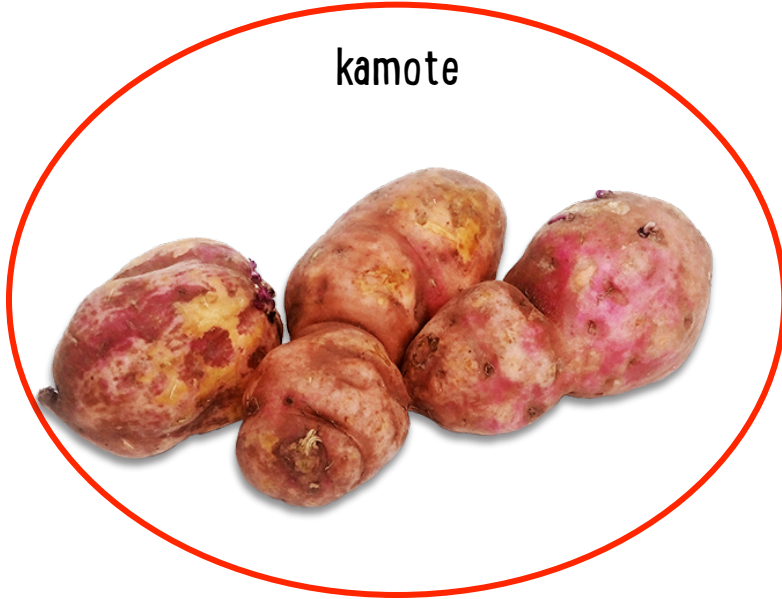


potato chips



# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



potato chips



# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



potato chips



Potato chips have a lot of fat and salt.  
*Kamote* contains vitamin A for good eyesight and fiber for healthy digestion.

# WHICH GO FOOD IS MORE NUTRITIOUS?

cupcake



suman



# WHICH GO FOOD IS MORE NUTRITIOUS?

cupcake



suman





# WHICH GO FOOD IS MORE NUTRITIOUS?

cupcake



suman



Cupcakes are high in sugar and fat.  
*Suman* has less sugar and is more filling.





# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



bread

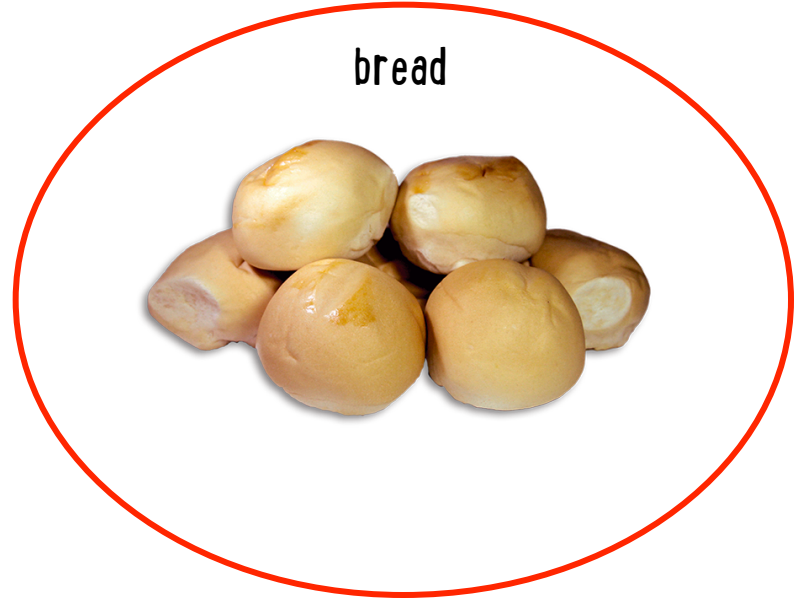


# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



bread



# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



bread



Lollipops are high in sugar.  
Bread is more filling but has less sugar.



# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



cupcake



# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



cupcake



# WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



cupcake



Cupcakes are high in sugar and fat.  
*Kamote* contains vitamin A for good eyesight and fiber for healthy digestion.

# WHICH GO FOOD IS MORE NUTRITIOUS?

french fries



mais





# WHICH GO FOOD IS MORE NUTRITIOUS?

french fries



mais



# WHICH GO FOOD IS MORE NUTRITIOUS?

french fries



mais



French fries are high in fat and salt.  
*Mais* is made of whole grain, with fiber for healthy digestion.



# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



suman



# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



suman



# WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



suman



Lollipops are high in sugar.  
*Suman* has less sugar and is more filling.



# WHICH GO FOOD IS MORE NUTRITIOUS?

mais



potato chips



# WHICH GO FOOD IS MORE NUTRITIOUS?

mais



potato chips





# WHICH GO FOOD IS MORE NUTRITIOUS?

mais



potato chips



Potato chips have a lot of fat and salt. *Mais* is made of whole grain, with fiber for healthy digestion.