

# Wellness

## CAMPUS

### MODULE 3 GROW FOODS



# GROW FOODS

There are many different sources of protein:

- meat (pork, beef, chicken)
- seafood and fish
- eggs
- plant sources (e.g. tofu, nuts, beans, legumes)
- milk and dairy products (e.g. yoghurt and cheese)



# GROW FOODS

It is important that we get our protein from different sources, and not just one or two, because different sources have different kinds of amino acids and nutrients.



# GROW FOODS

Eating different sources of protein raises your chances of getting all the amino acids that your body needs.



# GROW FOODS

**Complete proteins** contain all the amino acids needed by the body.



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Examples are egg, meat, fish, poultry, milk, cheese, and yogurt.



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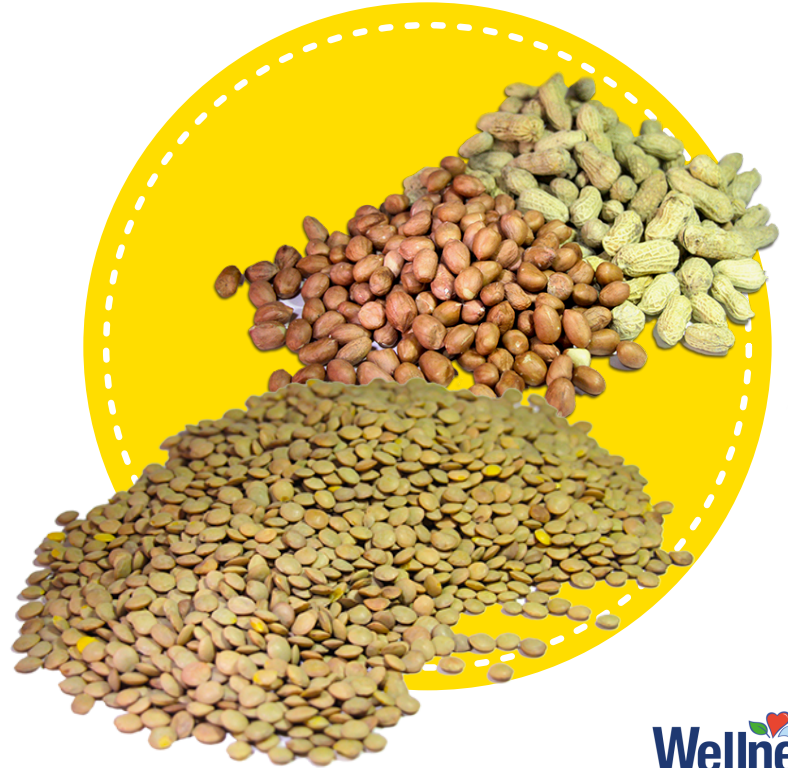
Examples are egg, meat, fish, poultry, milk, cheese, and yogurt.

These promote growth and development, and maintain life.



# GROW FOODS

**Partially complete proteins** contain some, but not all, amino acids needed by the body.

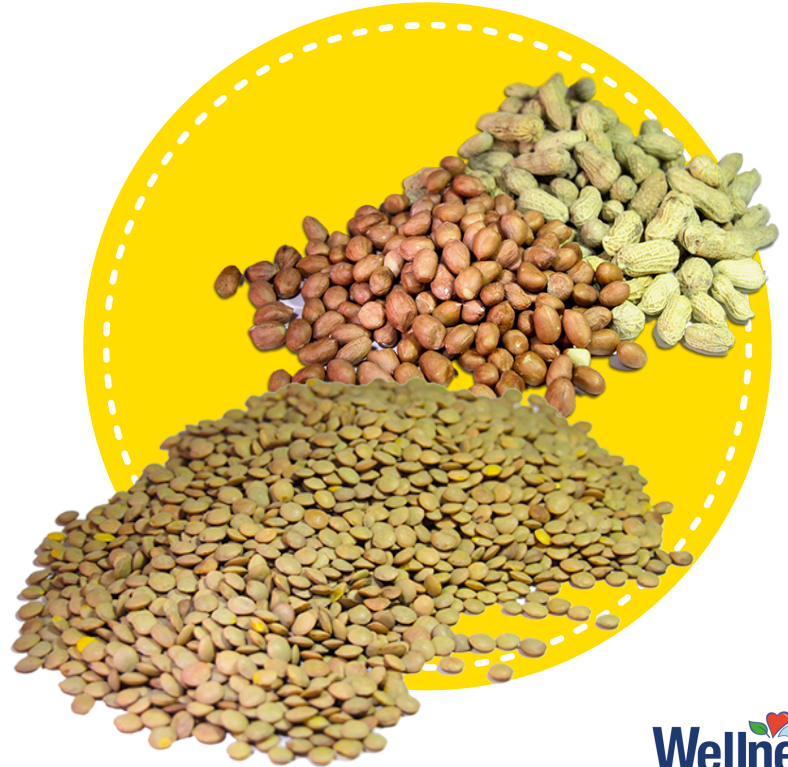




# GROW FOODS

**Partially complete proteins** contain some, but not all, amino acids needed by the body.

Examples are legumes and nuts.



# GROW FOODS

**Partially complete proteins** contain some, but not all, amino acids needed by the body.

Examples are legumes and nuts.

These maintain life but not growth and development.



# GROW FOODS

**Incomplete proteins** contain very little amino acids needed by the body.



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Examples are gelatin, bread, and suman.



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**Incomplete proteins** contain very little amino acids needed by the body.

Examples are gelatin, bread, and suman.

These cannot support neither life nor growth.



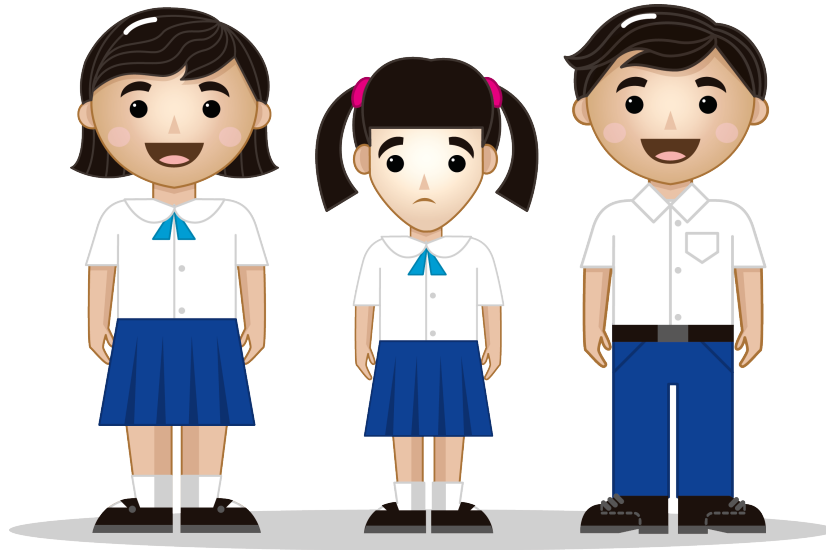
# GROW FOODS

Eating the right amount of Grow foods in each meal can help prevent these health concerns:

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Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth



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Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth
- poor wound healing





# GROW FOODS

Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth
- poor wound healing
- brittle hair and nails



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Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth
- poor wound healing
- brittle hair and nails
- poor muscle development



# GROW FOODS

Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth
- poor wound healing
- brittle hair and nails
- poor muscle development
- weak immunity

