

Wellness

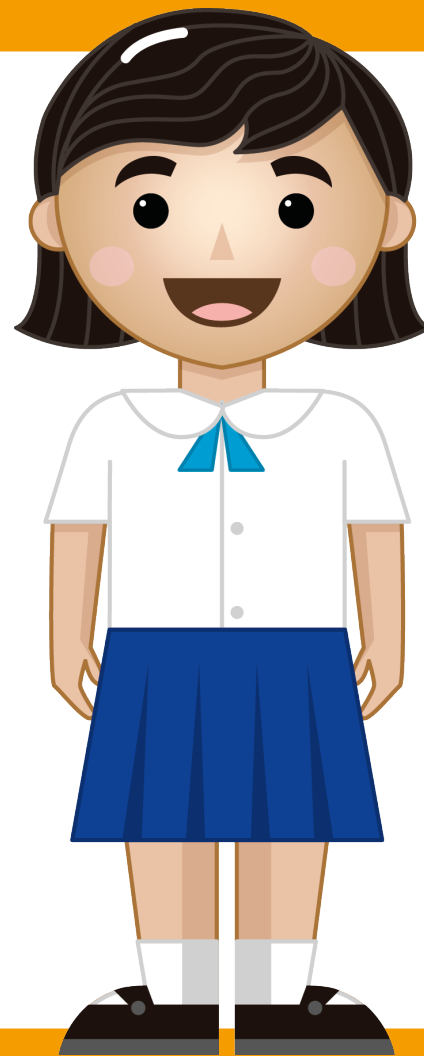
CAMPUS

MODULE 2 GLOW FOODS



GLOW FOODS

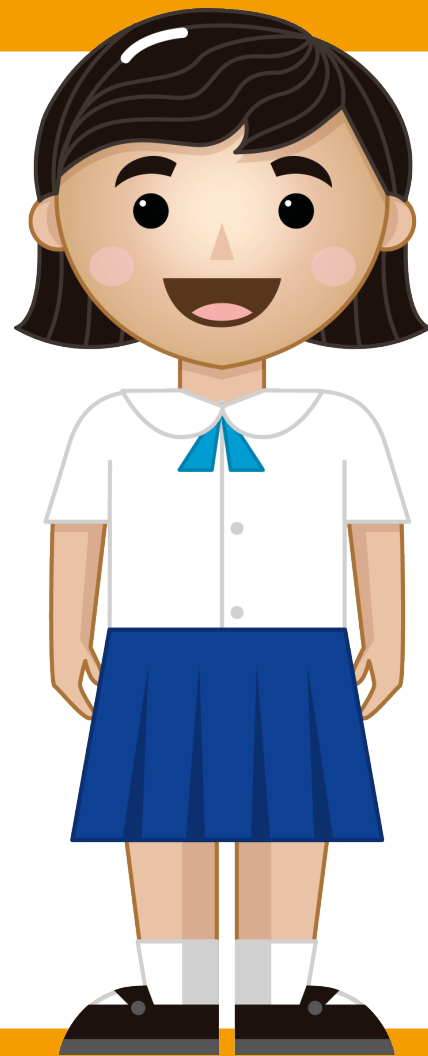
The following are some common micronutrient **deficiencies** among children and adolescents.



GLOW FOODS

The following are some common micronutrient **deficiencies** among children and adolescents.

Eating the right amount of Glow foods in each meal can help address these deficiencies:



VITAMIN A DEFICIENCY

FUNCTIONS OF VITAMIN A

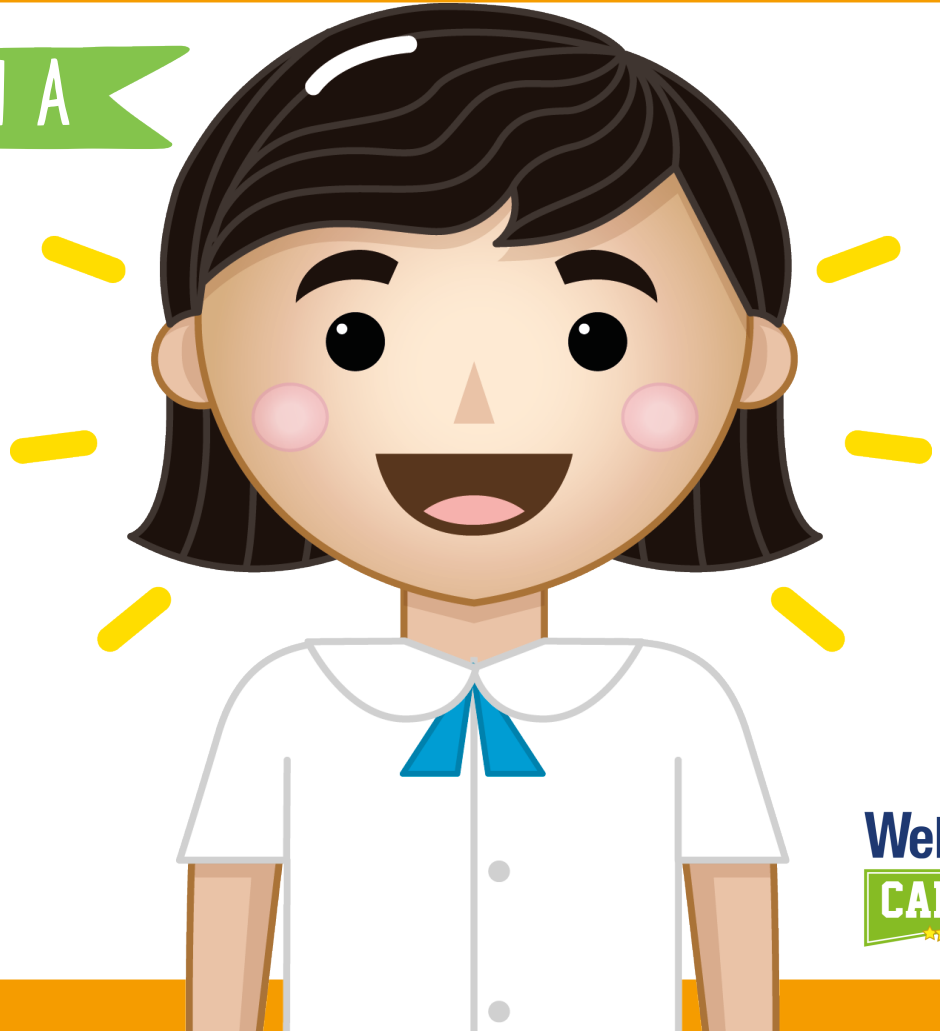
FUNCTIONS OF VITAMIN A

- maintains clear vision



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- maintains clear vision
- keeps skin smooth



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- maintains clear vision
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- helps in development of bones and teeth



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- keeps skin smooth
- helps in development of bones and teeth
- strengthens immunity



SIGNS & SYMPTOMS OF VIT. A DEFICIENCY

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- night blindness (slow recovery of vision after flashes of bright light at night or inability to see in dim light)



SIGNS & SYMPTOMS OF VIT. A DEFICIENCY

- night blindness (slow recovery of vision after flashes of bright light at night or inability to see in dim light)
- weak resistance to infectious diseases



SIGNIFICANT PLANT SOURCES OF VITAMIN A

- spinach, malunggay, pechay and other dark leafy greens
- broccoli
- yellow and deep orange fruits like papaya
- orange vegetables like squash and carrots

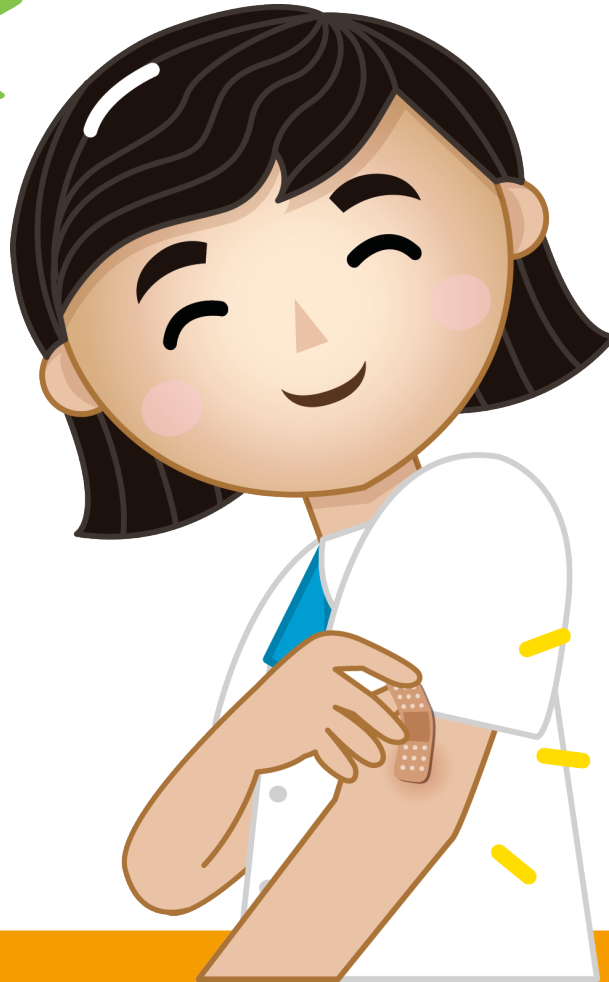


VITAMIN C DEFICIENCY

FUNCTIONS OF VITAMIN C

FUNCTIONS OF VITAMIN C

- supports wound healing



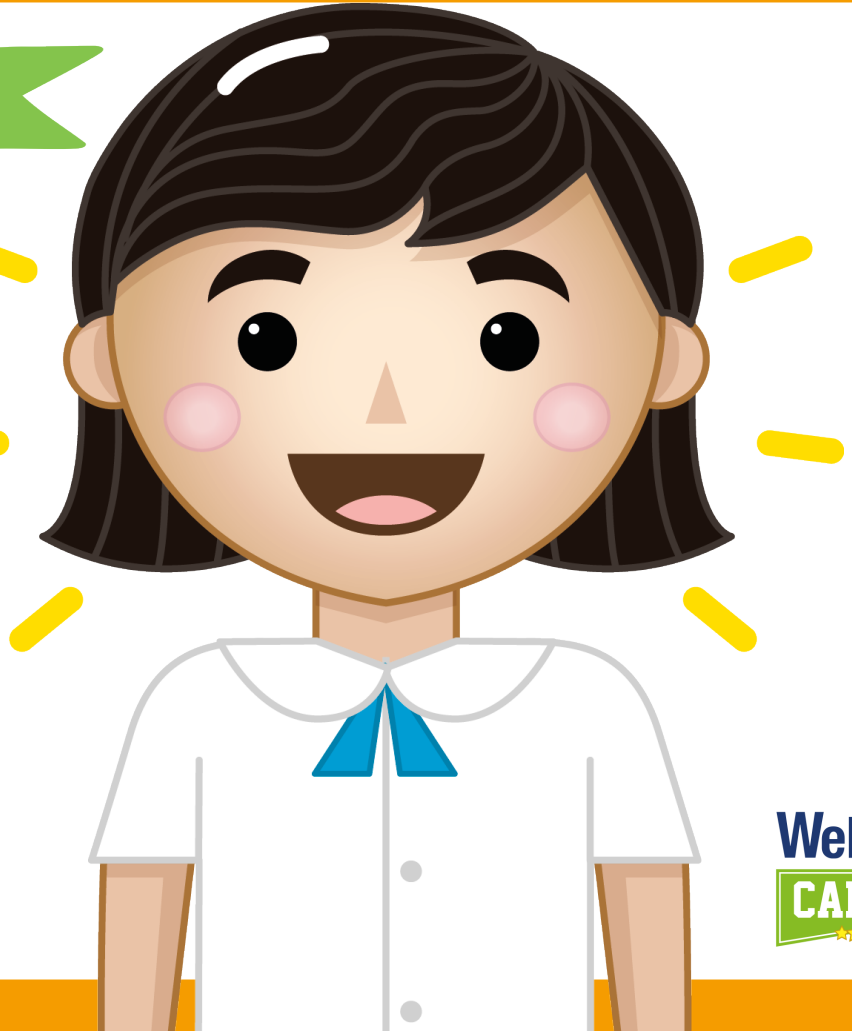
FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity



FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity
- an antioxidant (a substance that prevents or delays some types of cell damage)



SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

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- weak resistance to infectious diseases



SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

- weak resistance to infectious diseases
- poor wound healing



SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

- weak resistance to infectious diseases
- poor wound healing
- bleeding gums



SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

- weak resistance to infectious diseases
- poor wound healing
- bleeding gums
- loosened teeth



SIGNIFICANT PLANT SOURCES OF VITAMIN C

- citrus fruits
- bell peppers
- melon
- tomatoes
- papayas
- mangoes

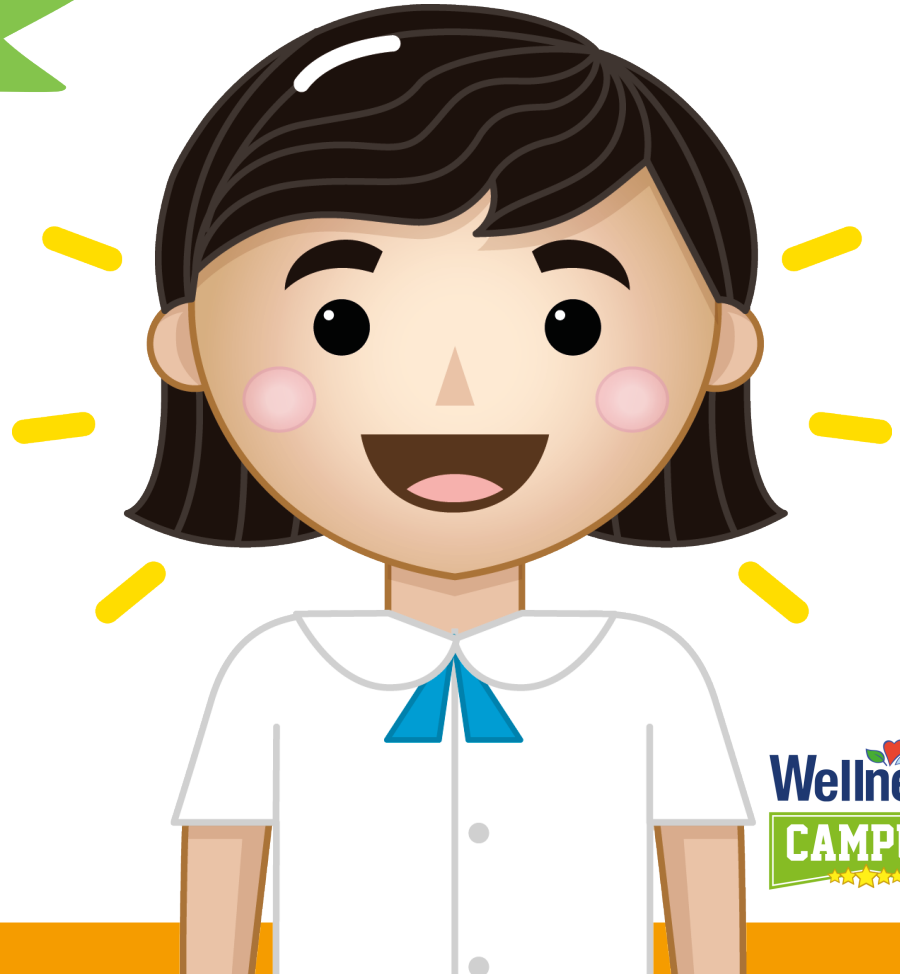


VITAMIN E DEFICIENCY

FUNCTIONS OF VITAMIN E

FUNCTIONS OF VITAMIN E

- an antioxidant (a substance that prevents or delays some types of cell damage)



SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

Vitamin E deficiency is not common, but deficiency can cause a type of anemia.



SIGNIFICANT PLANT SOURCES OF VITAMIN E

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay

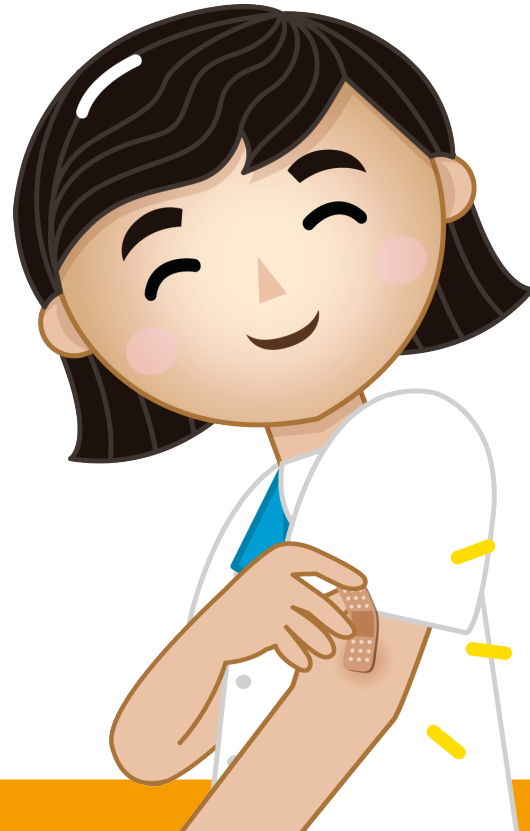


VITAMIN K DEFICIENCY

FUNCTION OF VITAMIN K

FUNCTION OF VITAMIN K

- aids in blood clotting



SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

- hemorrhage (or excessive bleeding)



SIGNIFICANT PLANT SOURCES OF VITAMIN K

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



IRON DEFICIENCY

FUNCTIONS OF IRON

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- Low iron results in low hemoglobin concentration in the blood.

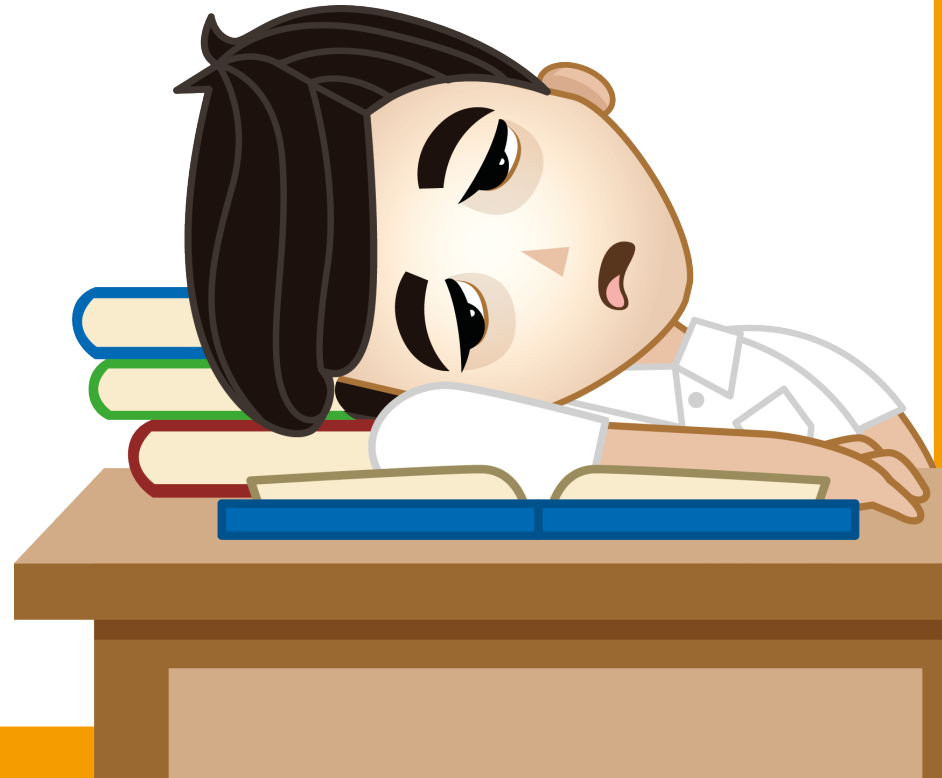
FUNCTIONS OF IRON

- Iron is found in the blood which helps transport oxygen.
- Low iron results in low hemoglobin concentration in the blood.
- Hemoglobin is the component in blood that carries oxygen throughout the body for energy metabolism.

SIGNS & SYMPTOMS OF IRON DEFICIENCY

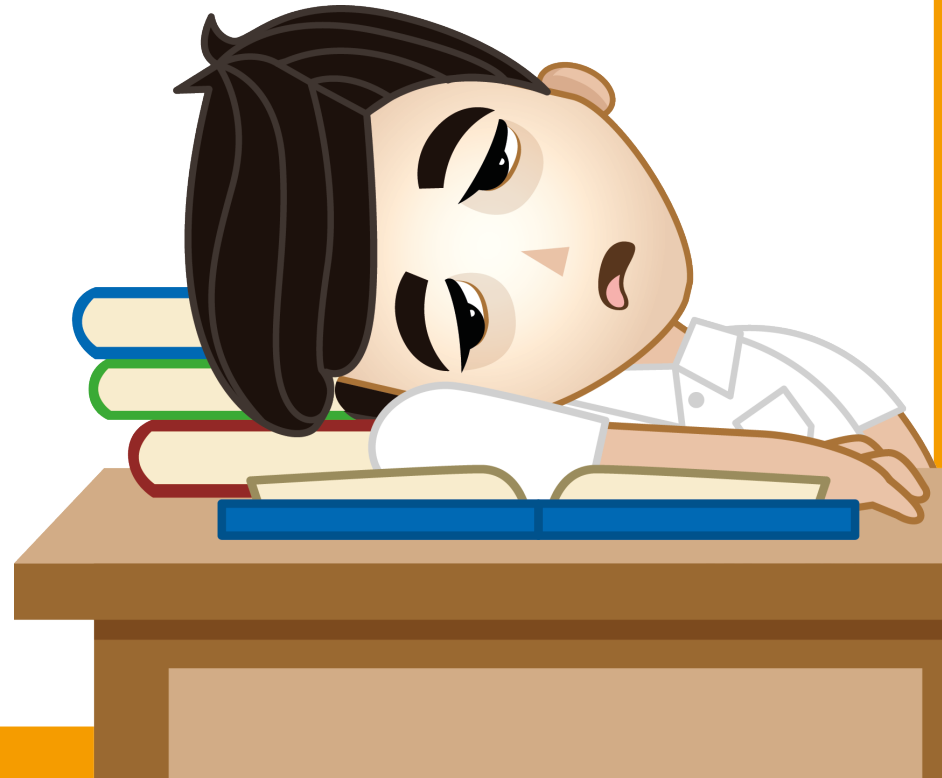
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue



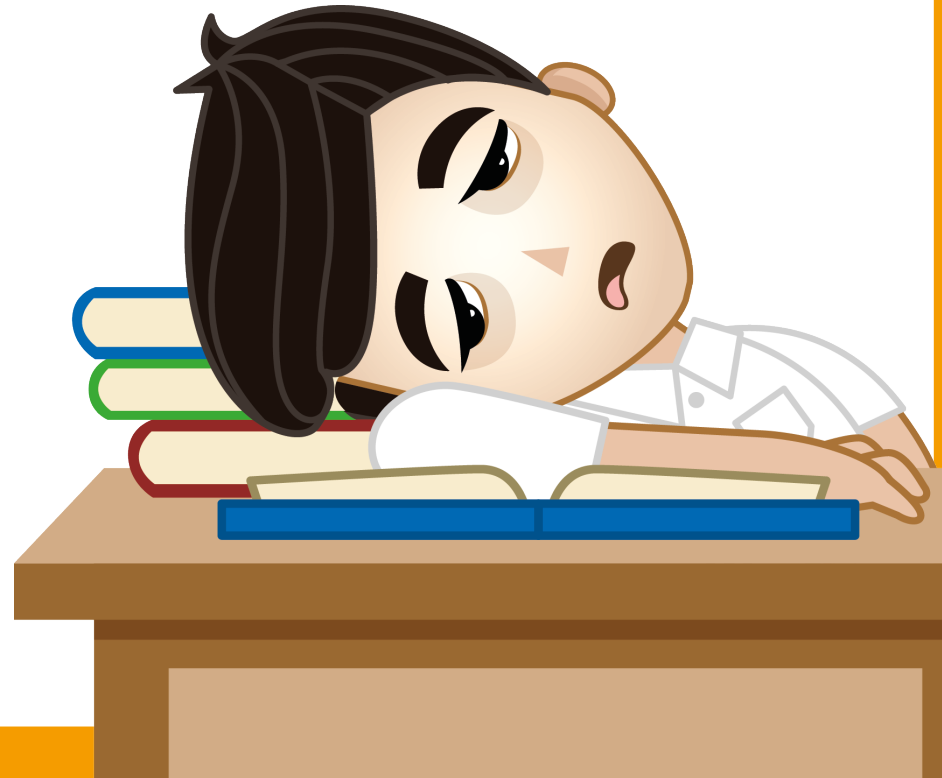
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance
- impaired work performance



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance
- impaired work performance
- weak resistance to infectious diseases



SIGNIFICANT PLANT SOURCES OF IRON

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay

