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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)

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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.

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

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GROW FOODS

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

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GROW FOODS

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

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

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GROW FOODS

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

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

These promote growth and development, and maintain life.

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GROW FOODS

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

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GROW FOODS

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

Examples are legumes and nuts.

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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.

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GROW FOODS

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

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GROW FOODS

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

Examples are gelatin, bread, and suman.

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GROW FOODS

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

Examples are gelatin, bread, and suman.

These cannot support neither life nor growth.

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MICRONUTRIENT DEFICIENCIES

The following are micronutrient deficiencies associated with a lack of Grow foods are...

- iron deficiency anemia
- zinc deficiency
- iodine deficiency disorder
- vitamins A, B, E and K deficiency

IRON DEFICIENCY ANEMIA

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FUNCTIONS OF IRON

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FUNCTIONS OF IRON

- Iron is found in the blood which helps transport oxygen.

FUNCTIONS OF IRON

- Iron is found in the blood which helps transport oxygen.
- Low iron results in low hemoglobin concentration in the blood.

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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.

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SIGNS & SYMPTOMS OF IRON DEFICIENCY

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SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue

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SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness

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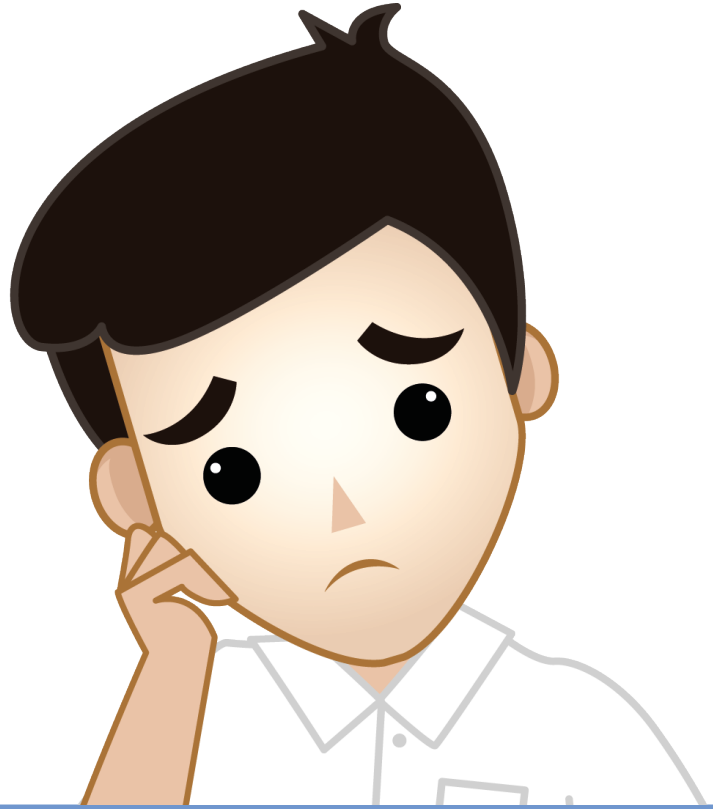
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin



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SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance

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SIGNS & SYMPTOMS OF IRON DEFICIENCY

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

Wellness CAMPUS

SIGNS & SYMPTOMS OF IRON DEFICIENCY

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

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SIGNIFICANT SOURCES OF IRON

- red meats
- liver
- poultry
- fish
- shellfish
- legumes

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ZINC DEFICIENCY

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FUNCTIONS OF ZINC

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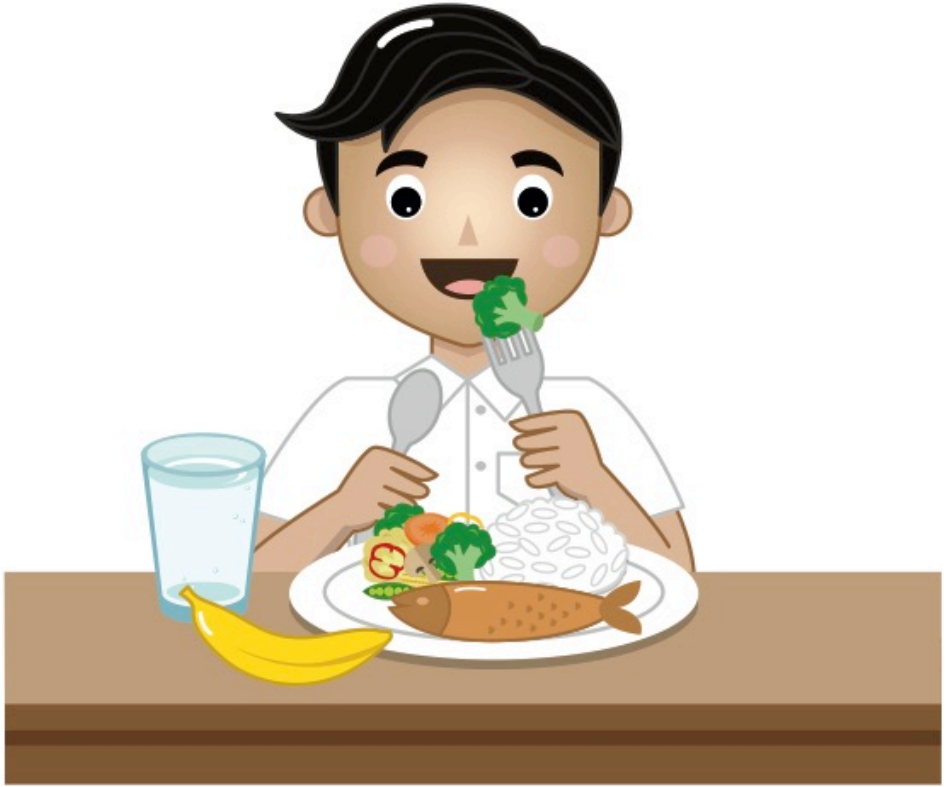
FUNCTIONS OF ZINC

- normal taste



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FUNCTIONS OF ZINC

- normal taste
- wound healing

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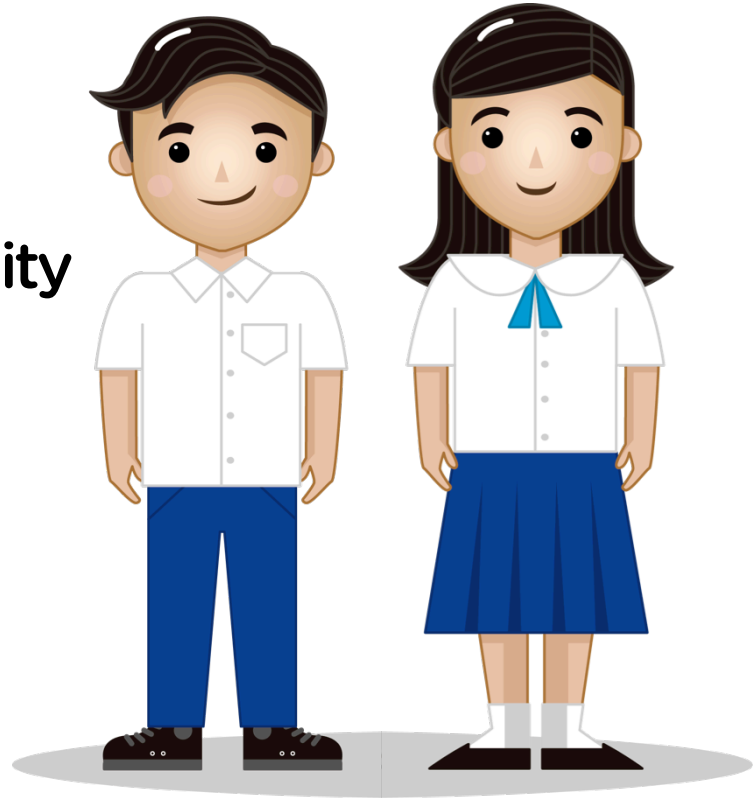
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity

FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation



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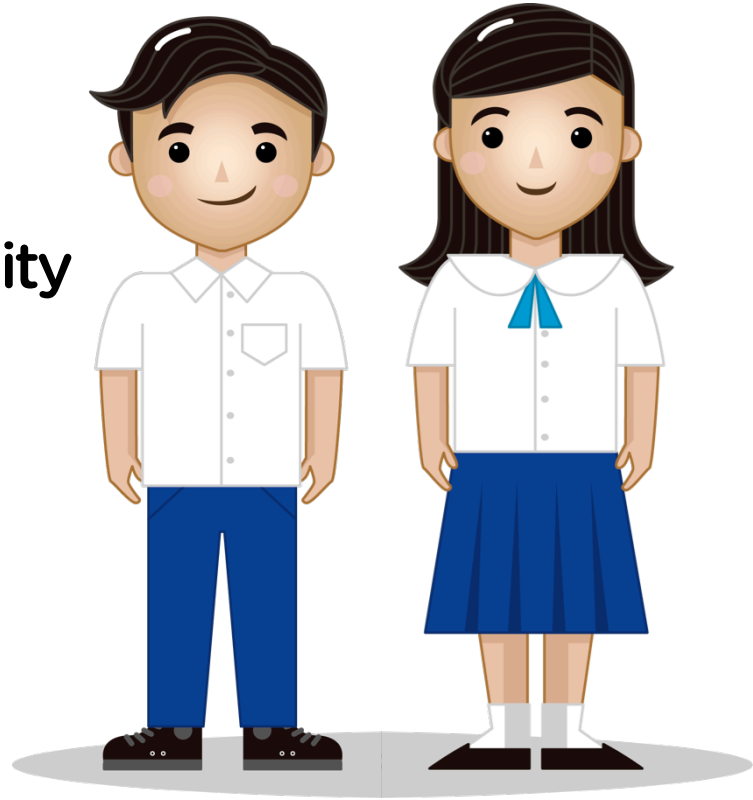
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation
- sperm production



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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

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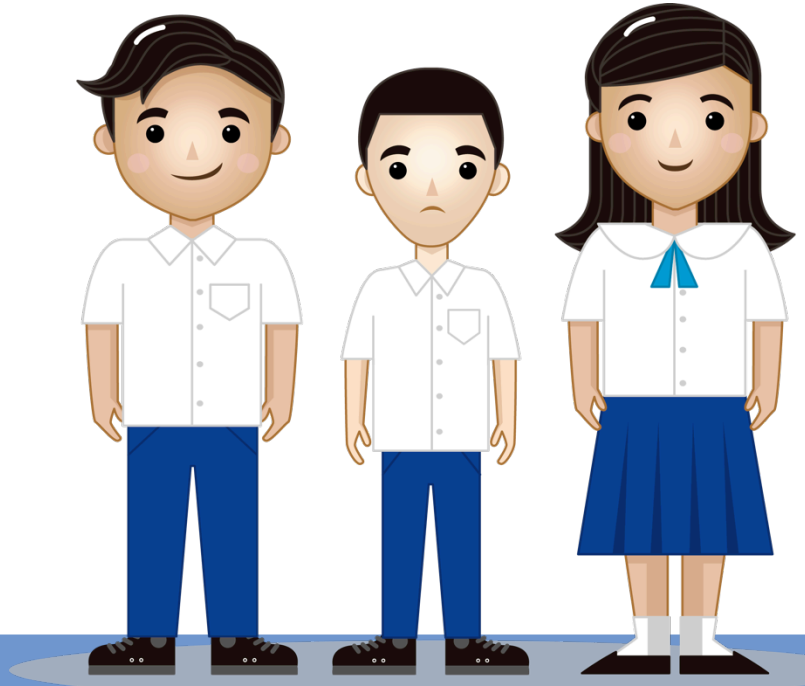
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth



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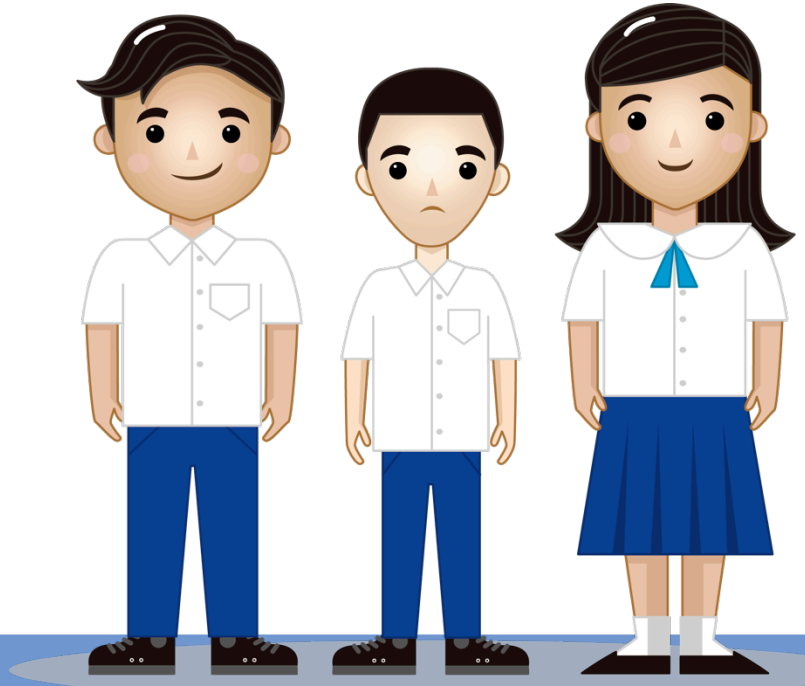
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs



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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases

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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases
- hair loss

Wellness CAMPUS

SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases
- hair loss
- eye and skin lesions

Wellness CAMPUS

SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases
- hair loss
- eye and skin lesions
- poor appetite

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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

Chronic zinc deficiency may also cause damage to the central nervous system and brain, and may lead to poor motor development and cognitive performance.

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SIGNIFICANT SOURCES OF ZINC

- seafood (oyster and crab)
- beef
- milk and dairy products (yogurt, cheese)
- whole grains

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IODINE DEFICIENCY DISORDER

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FUNCTIONS OF IODINE

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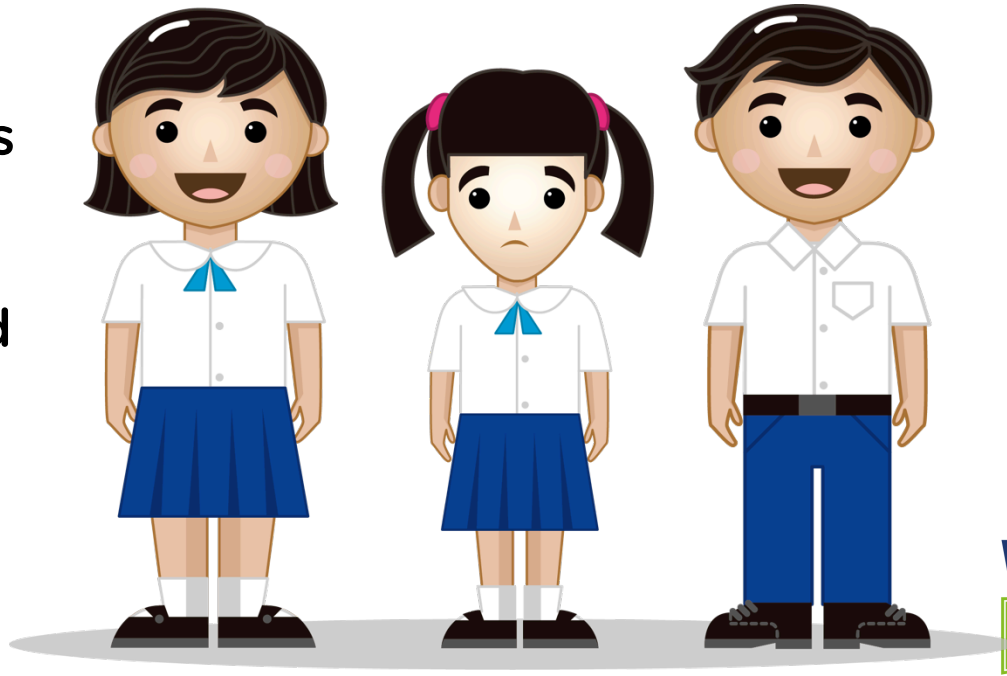
FUNCTIONS OF IODINE

- component in thyroid hormones which helps regulate growth, development and metabolism



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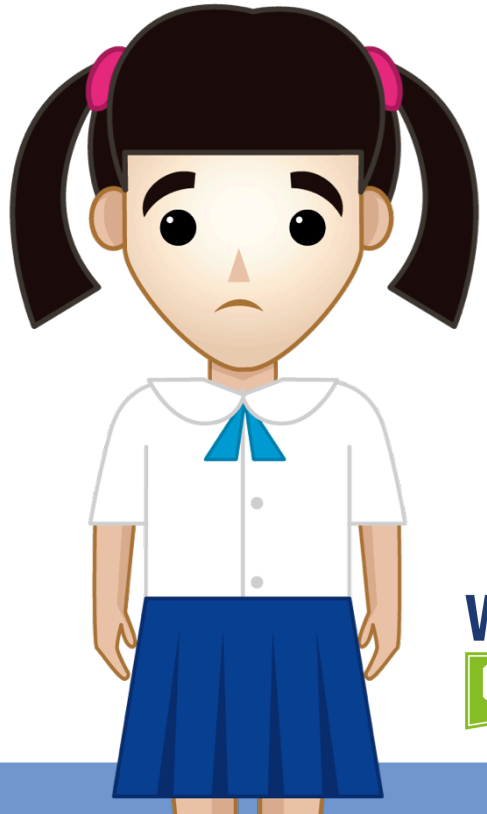
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

- enlargement of the thyroid gland (goiter)



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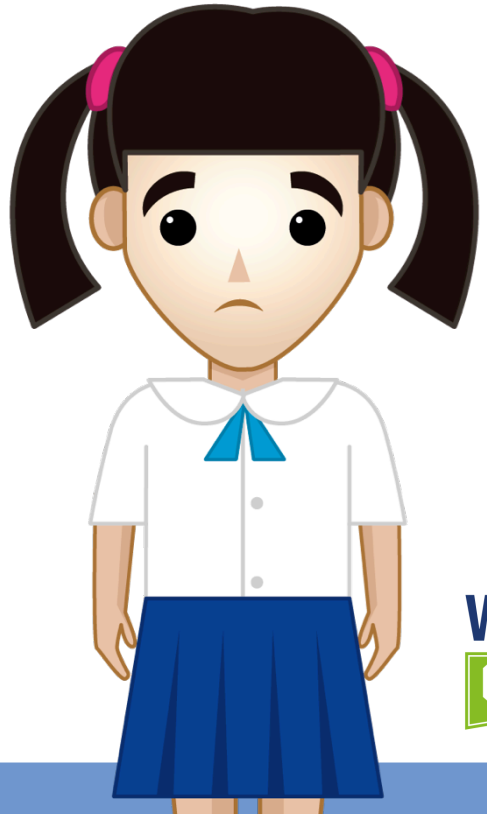
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

- enlargement of the thyroid gland (goiter)
- mental and physical retardation among infants and children



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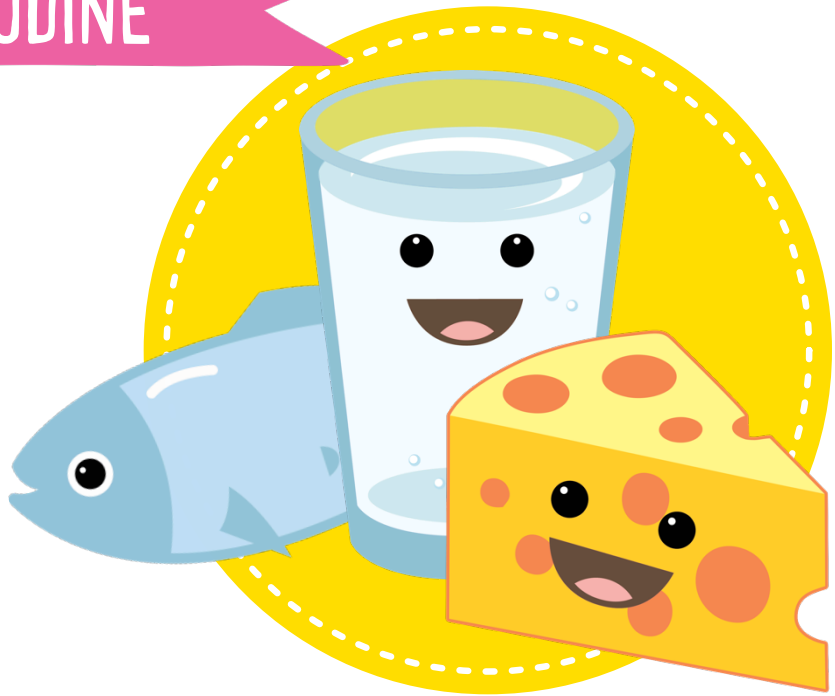
SIGNIFICANT SOURCES OF IODINE

- iodized salt
- seafood
- dairy products



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VITAMIN A DEFICIENCY

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FUNCTIONS OF VITAMIN A

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FUNCTIONS OF VITAMIN A

- maintains clear vision

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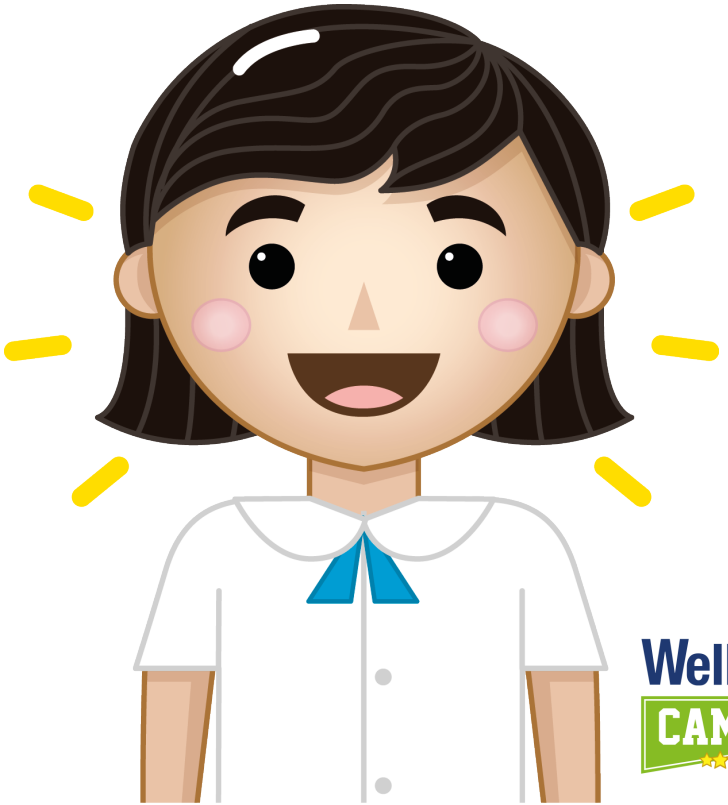
FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth



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FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth

Wellness CAMPUS

FUNCTIONS OF VITAMIN A

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

SIGNS & SYMPTOMS OF VIT. A DEFICIENCY

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)

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

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SIGNIFICANT SOURCES OF VITAMIN A

- fortified milk
- cheese
- eggs
- liver

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VITAMIN B DEFICIENCY

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FUNCTIONS OF VITAMIN B (B1, B2, B3, B6 & B6)

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FUNCTIONS OF VITAMIN B (B1, B2, B3, B6 & B6)

- helps in energy metabolism

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SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

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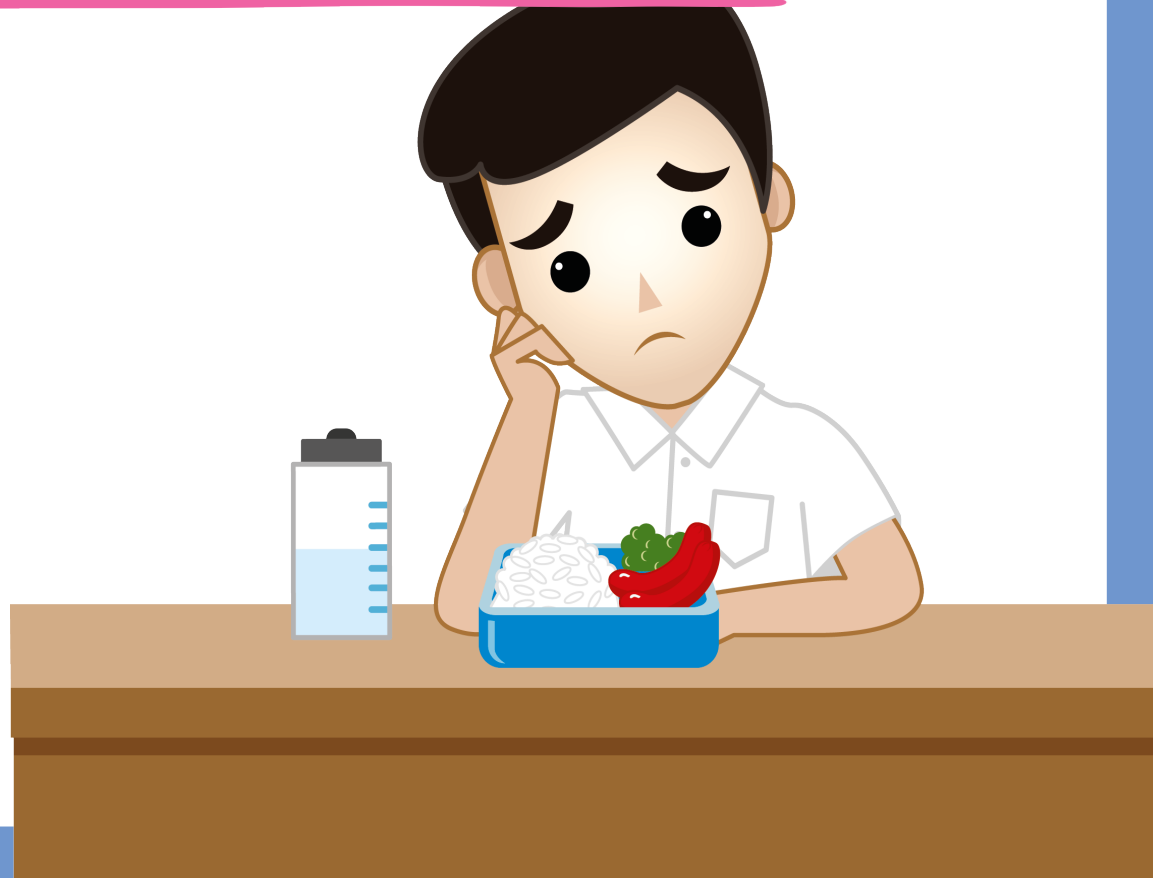
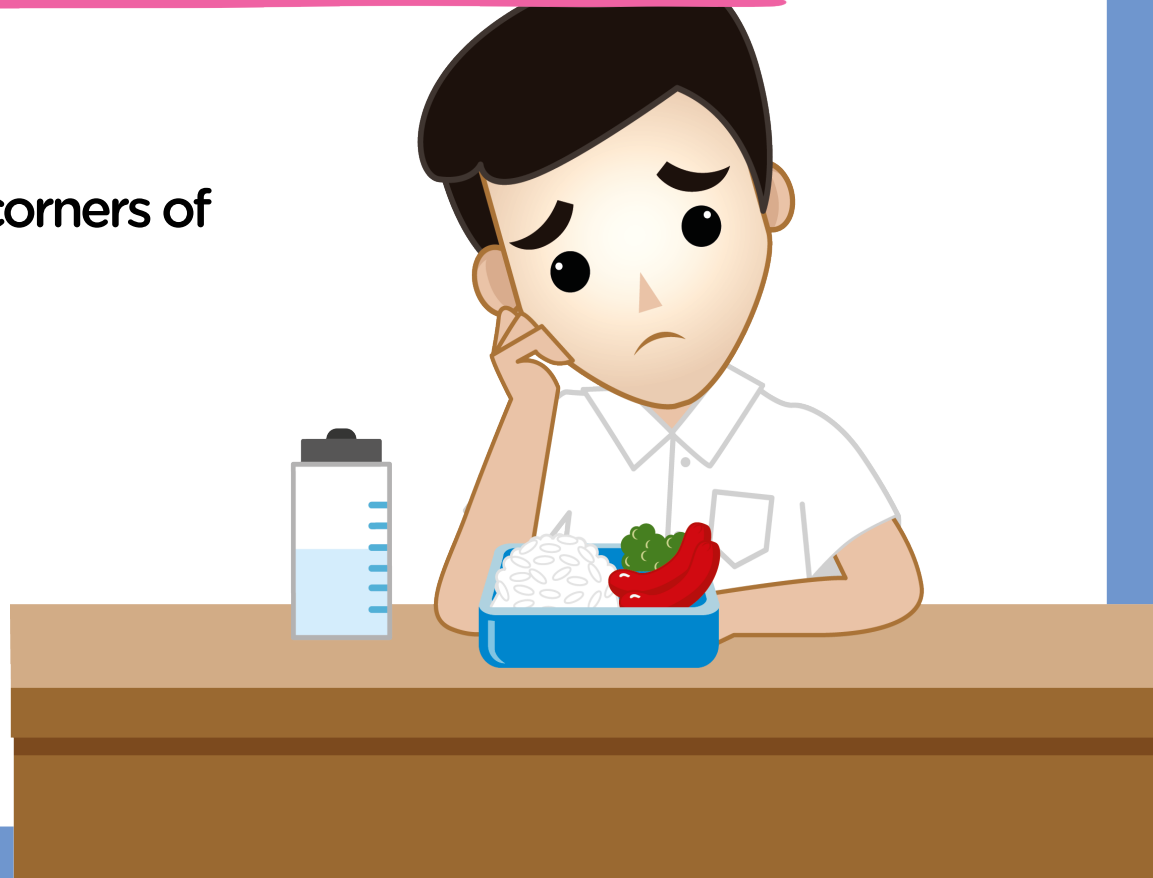
SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue



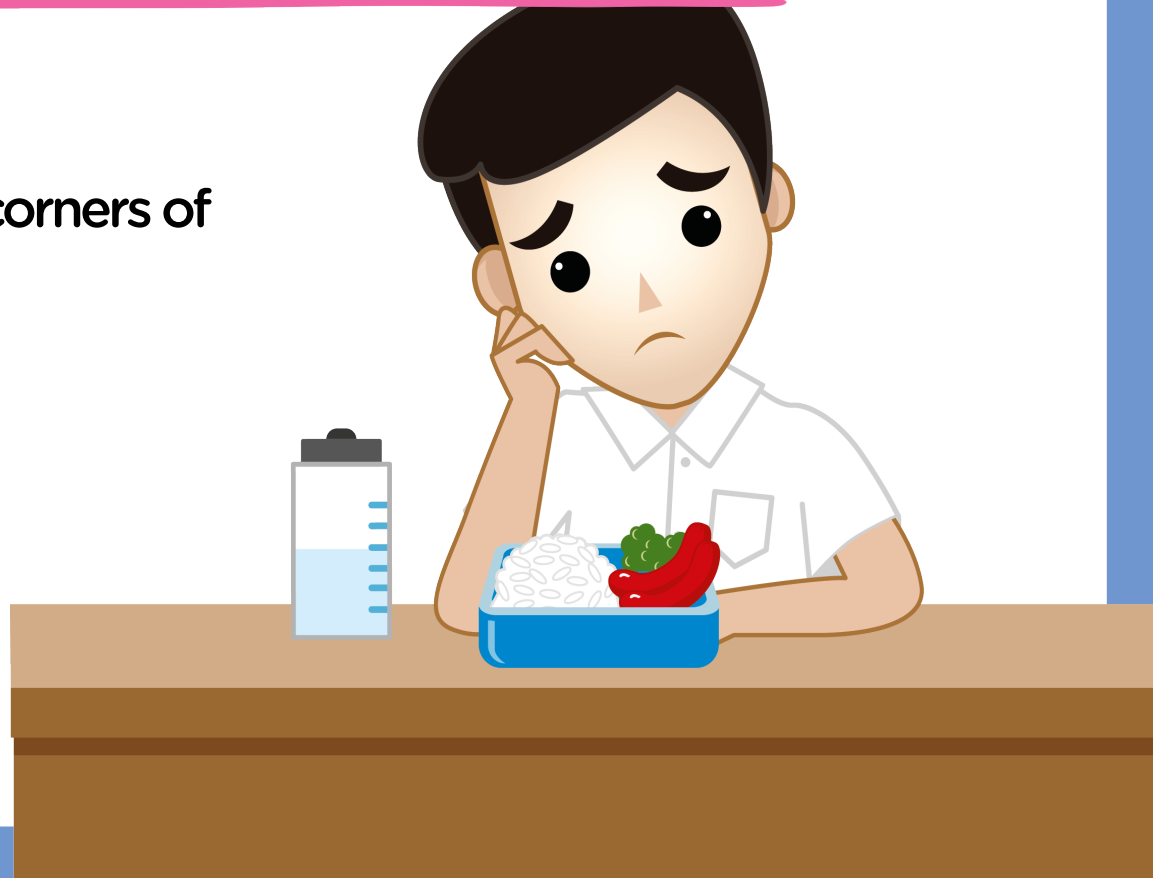
SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

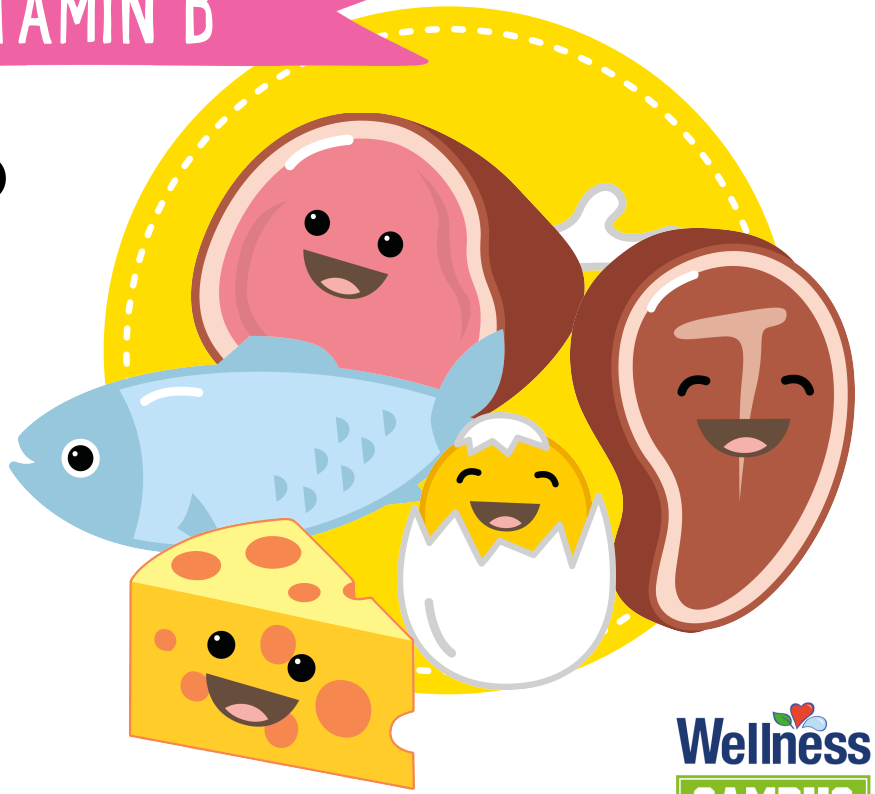
- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite
- fatigue

SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite
- fatigue
- weakness

SIGNIFICANT SOURCES OF VITAMIN B

- milk products (yogurt, cheese)
- liver
- eggs
- meat
- poultry
- fish



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VITAMIN E DEFICIENCY

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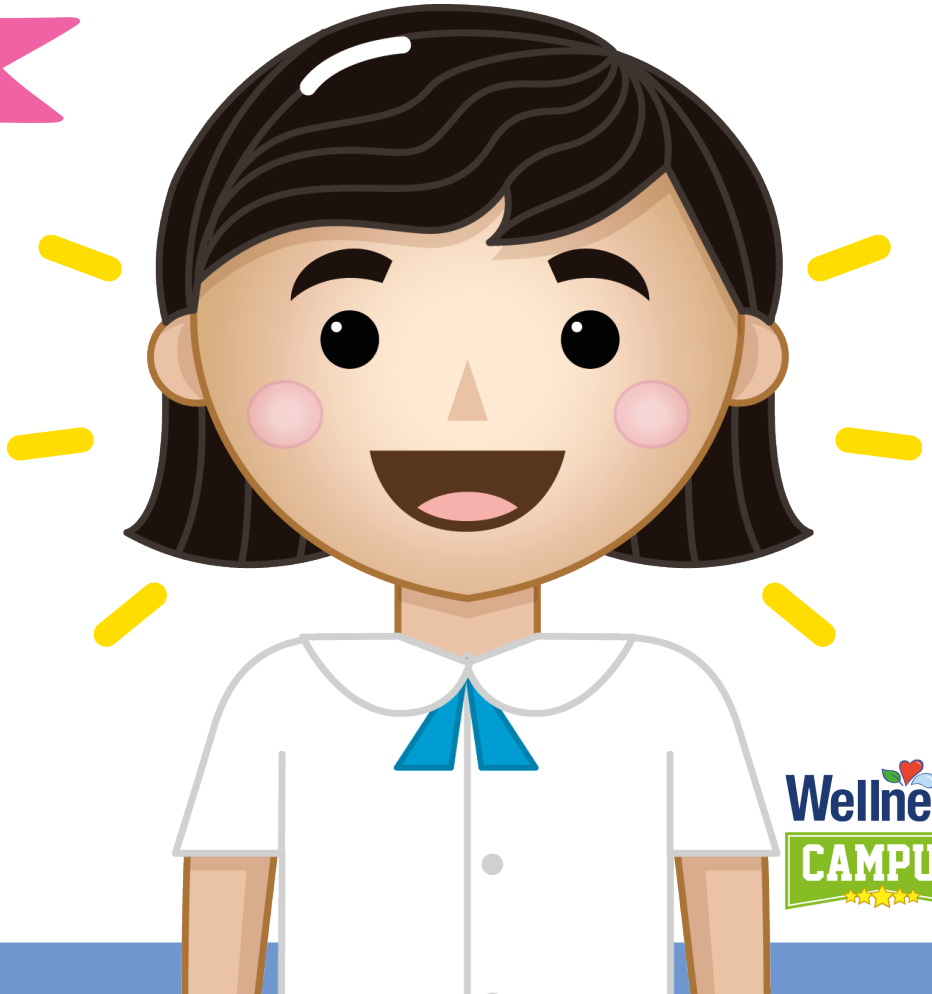
FUNCTIONS OF VITAMIN E

Wellness CAMPUS

FUNCTIONS OF VITAMIN E

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



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SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

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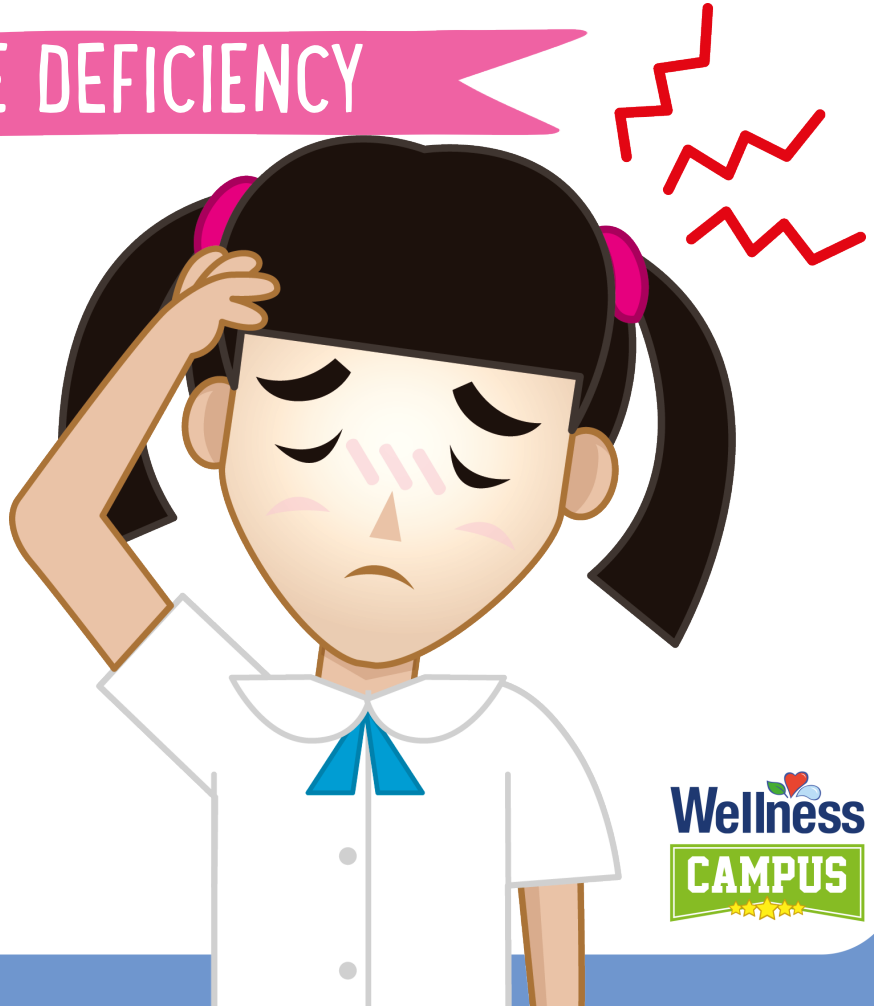
SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

Vitamin E deficiency is uncommon but deficiency can cause a type of anemia.



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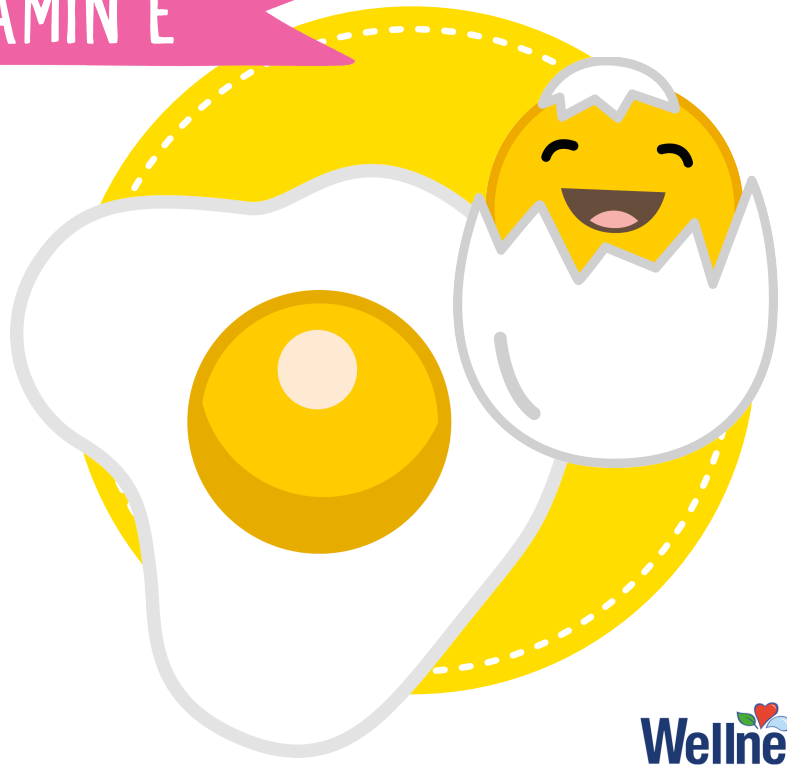
SIGNIFICANT SOURCES OF VITAMIN E

- liver
- egg yolks



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VITAMIN K DEFICIENCY

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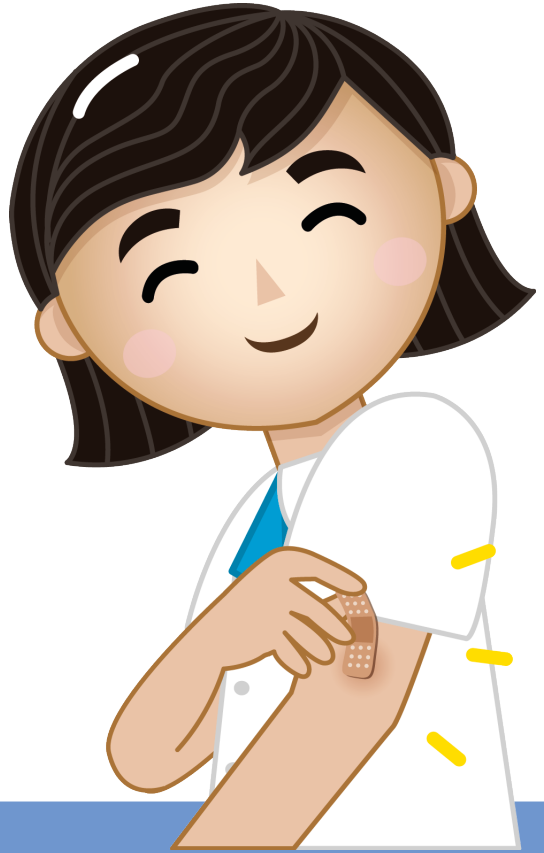
FUNCTIONS OF VITAMIN K

Wellness CAMPUS

FUNCTIONS OF VITAMIN K

- aids in blood clotting



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SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

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SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

- hemorrhage (exessive bleeding)

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SIGNIFICANT SOURCES OF VITAMIN K

- liver
- milk

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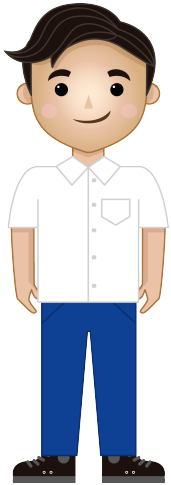
GROW FOODS

Adolescents should aim to eat any of the following portions with each meal:

GROW FOODS

Adolescents should aim to eat any of the following portions with each meal:



Males

- 2 pieces of medium variety of fish (*e.g. galunggong*)
- 2 slices of large variety of fish (*e.g. bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat (30g)
- 2 pieces of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg and 1 piece of any food item mentioned above

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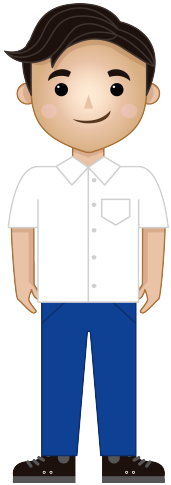
GROW FOODS

Adolescents should aim to eat any of the following portions with each meal:



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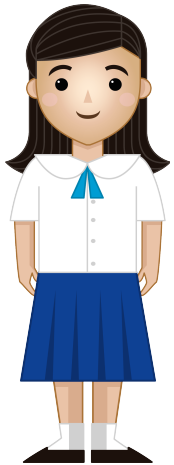
- 2 slices of large variety of fish (*e.g. bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat (30g)
- 2 pieces of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg and 1 piece of any food item mentioned above



Females

- 1 piece of medium variety of fish (*e.g. galunggong*)
- 1 slice of large variety of fish (*e.g. bangus*)
- 1 piece of chicken leg
- 1 serving of lean meat (30g)
- 1 piece of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg

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