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MODULE 3 GROW FOODS

PART 1

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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GROW FOODS

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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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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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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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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GROW FOODS

The following are some micronutrients found in Grow foods and their functions in the body.

IRON

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FUNCTIONS OF IRON

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FUNCTIONS OF IRON

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

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- 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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SIGNIFICANT SOURCES OF IRON

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

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ZINC

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FUNCTIONS OF ZINC

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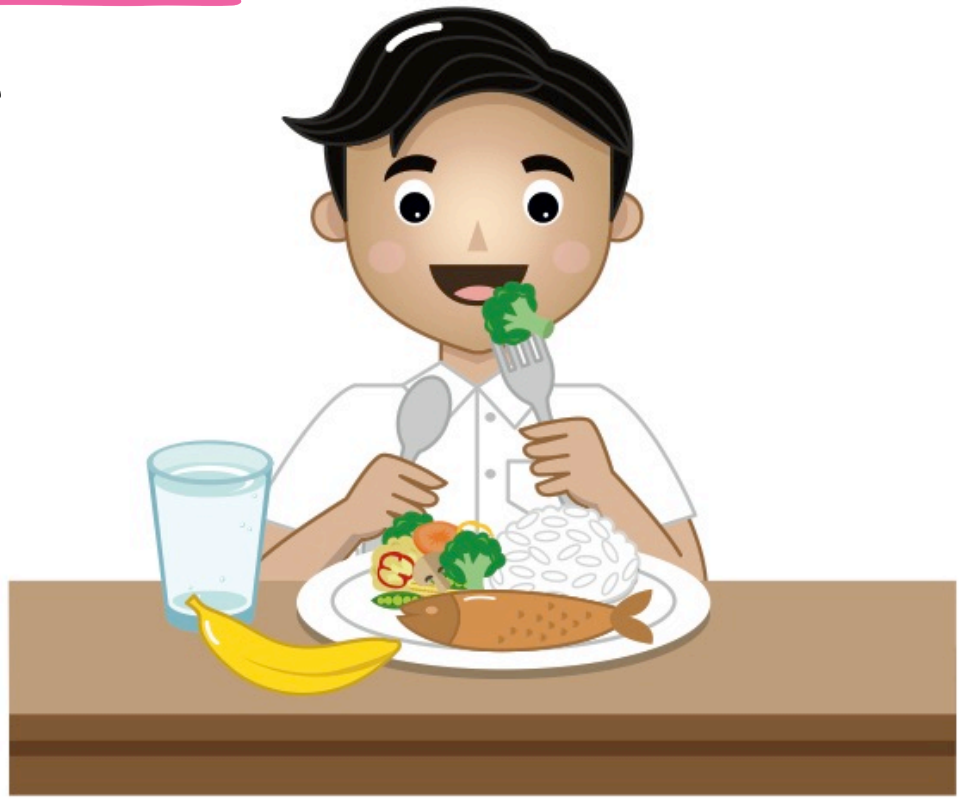
FUNCTIONS OF ZINC

- normal taste



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FUNCTIONS OF ZINC

- normal taste
- wound healing

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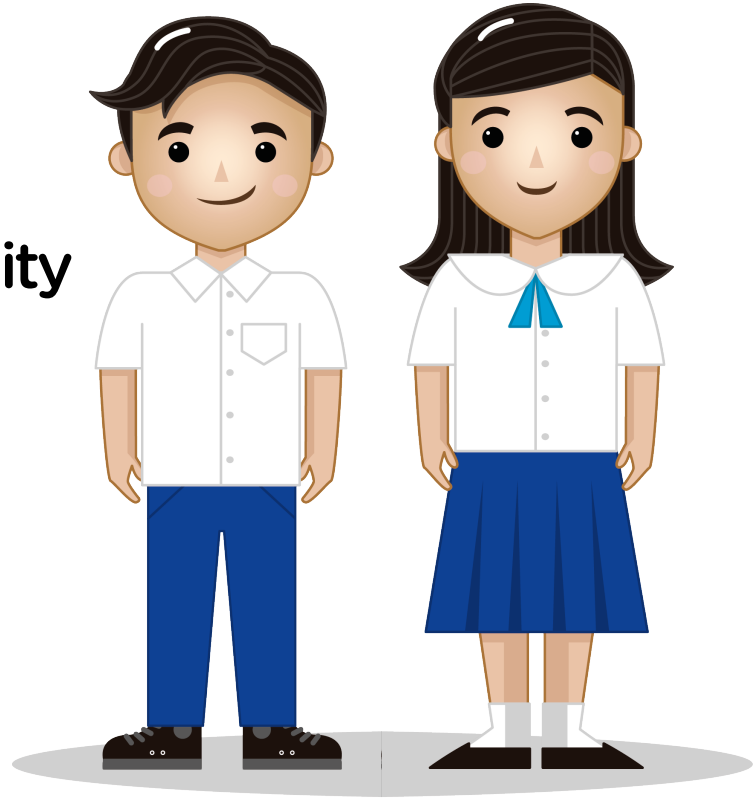
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity

FUNCTIONS OF ZINC

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



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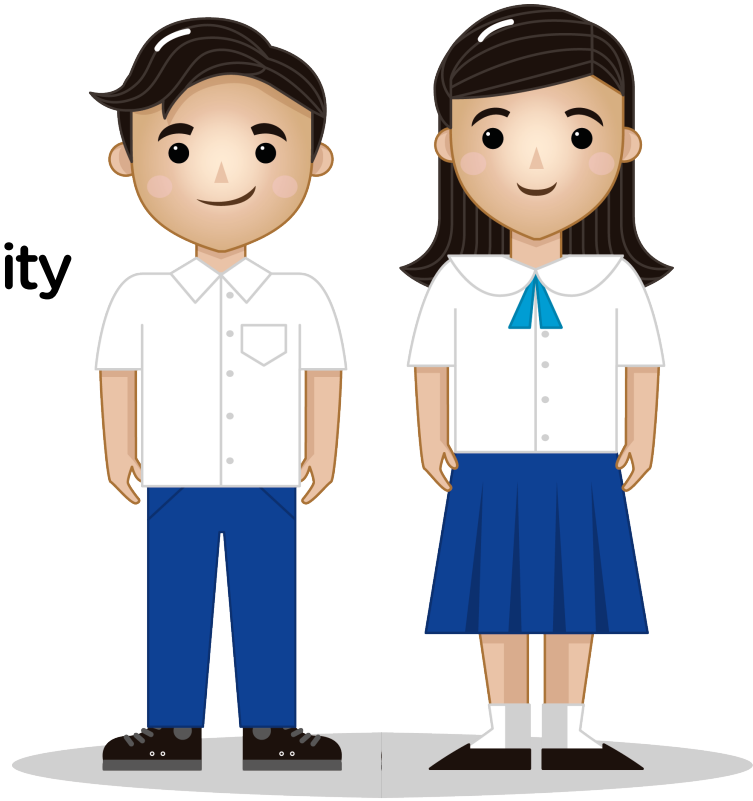
FUNCTIONS OF ZINC

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



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SIGNIFICANT SOURCES OF ZINC

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

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IODINE

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FUNCTIONS OF IODINE

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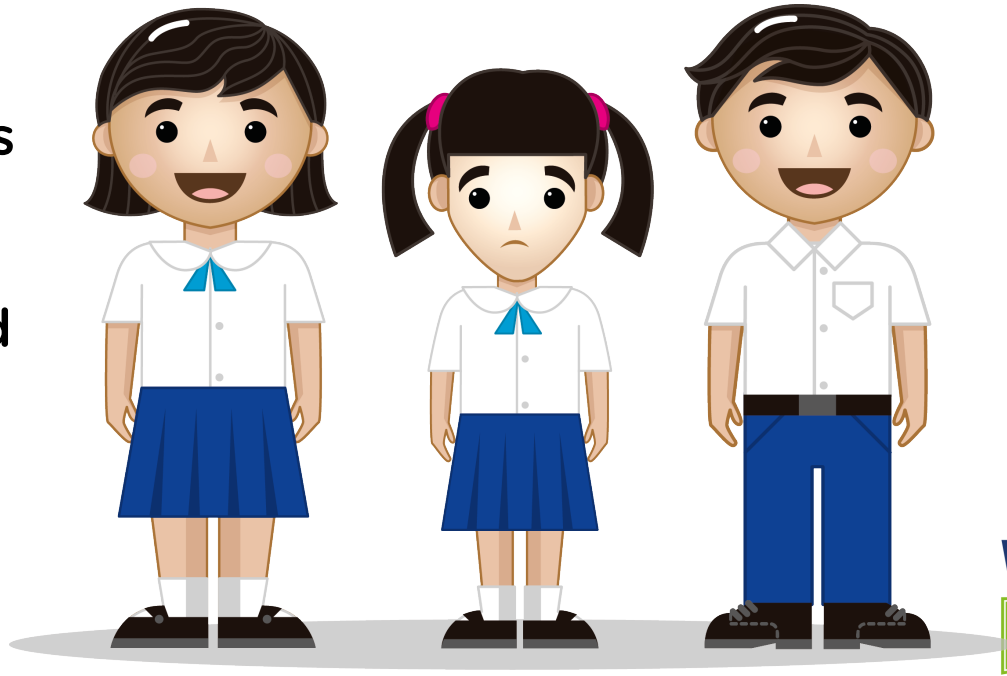
FUNCTIONS OF IODINE

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



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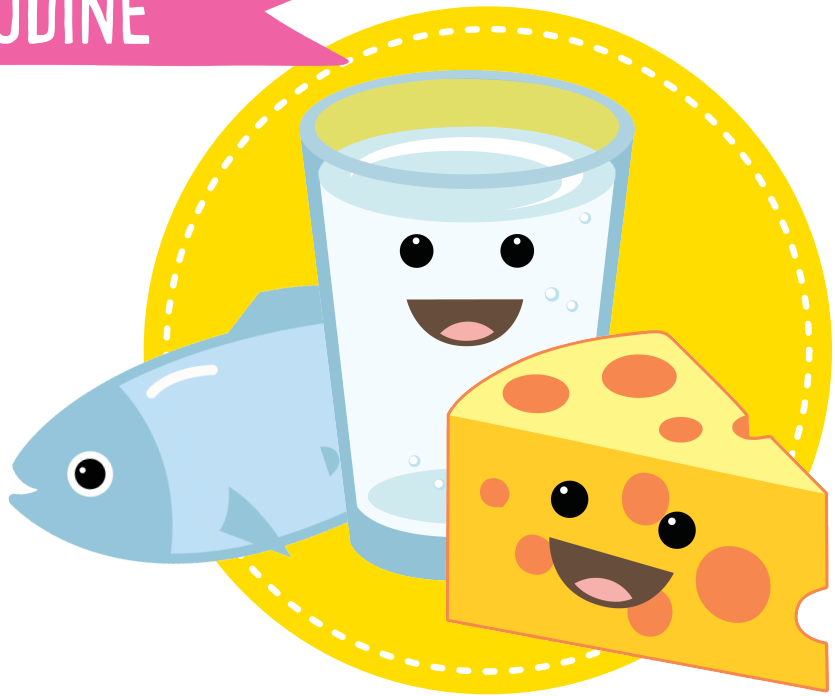
SIGNIFICANT SOURCES OF IODINE

- iodized salt
- seafood
- dairy products



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VITAMIN A

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FUNCTIONS OF VITAMIN A

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FUNCTIONS OF VITAMIN A

- maintains clear vision

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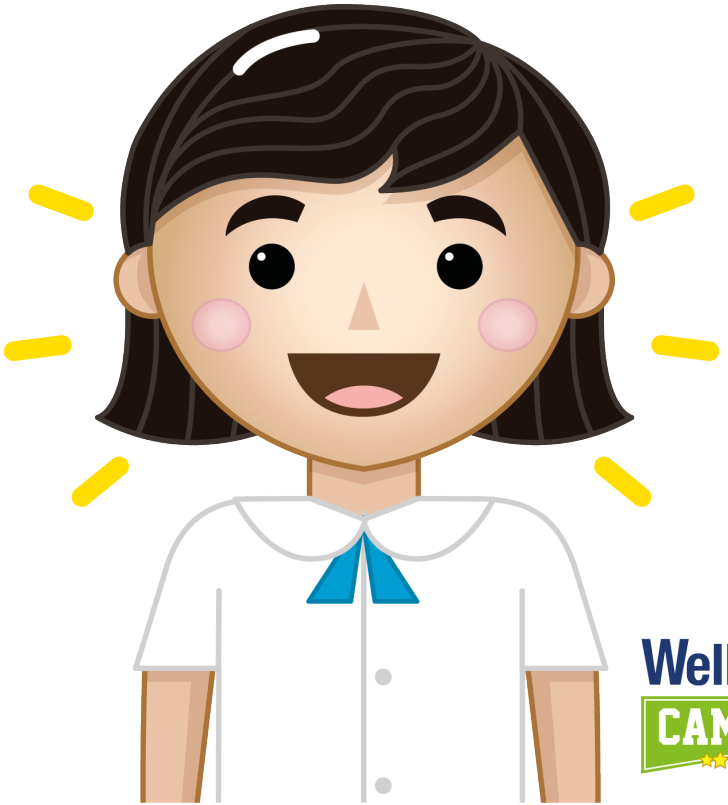
FUNCTIONS OF VITAMIN A

- 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

SIGNIFICANT SOURCES OF VITAMIN A

- fortified milk
- cheese
- eggs
- liver

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VITAMIN B

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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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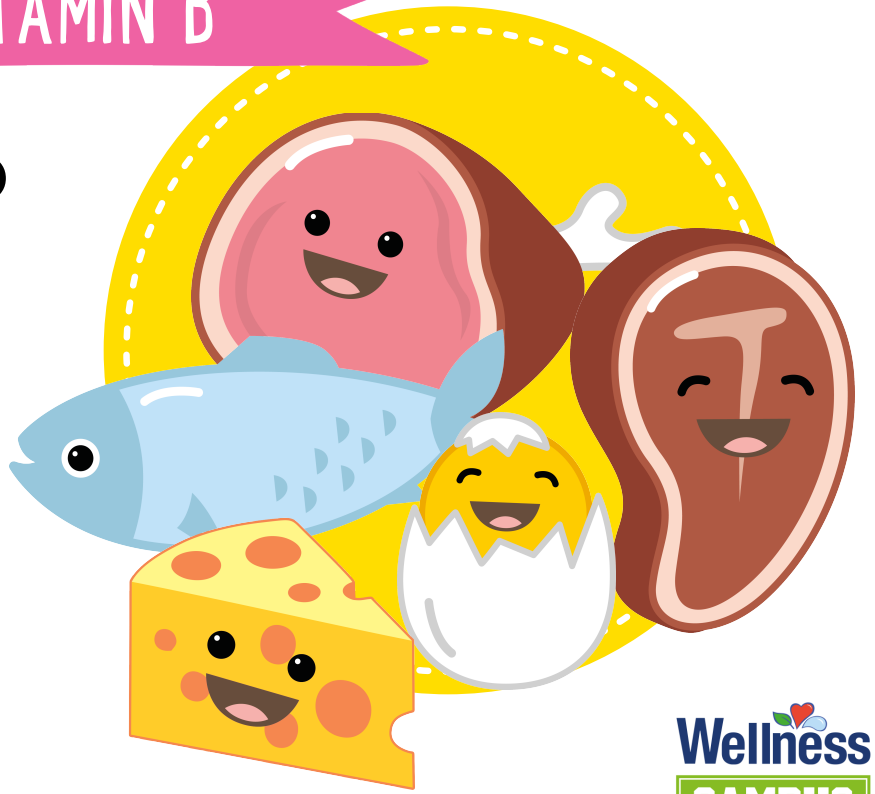
SIGNIFICANT SOURCES OF VITAMIN B

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



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VITAMIN E

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FUNCTIONS OF VITAMIN E

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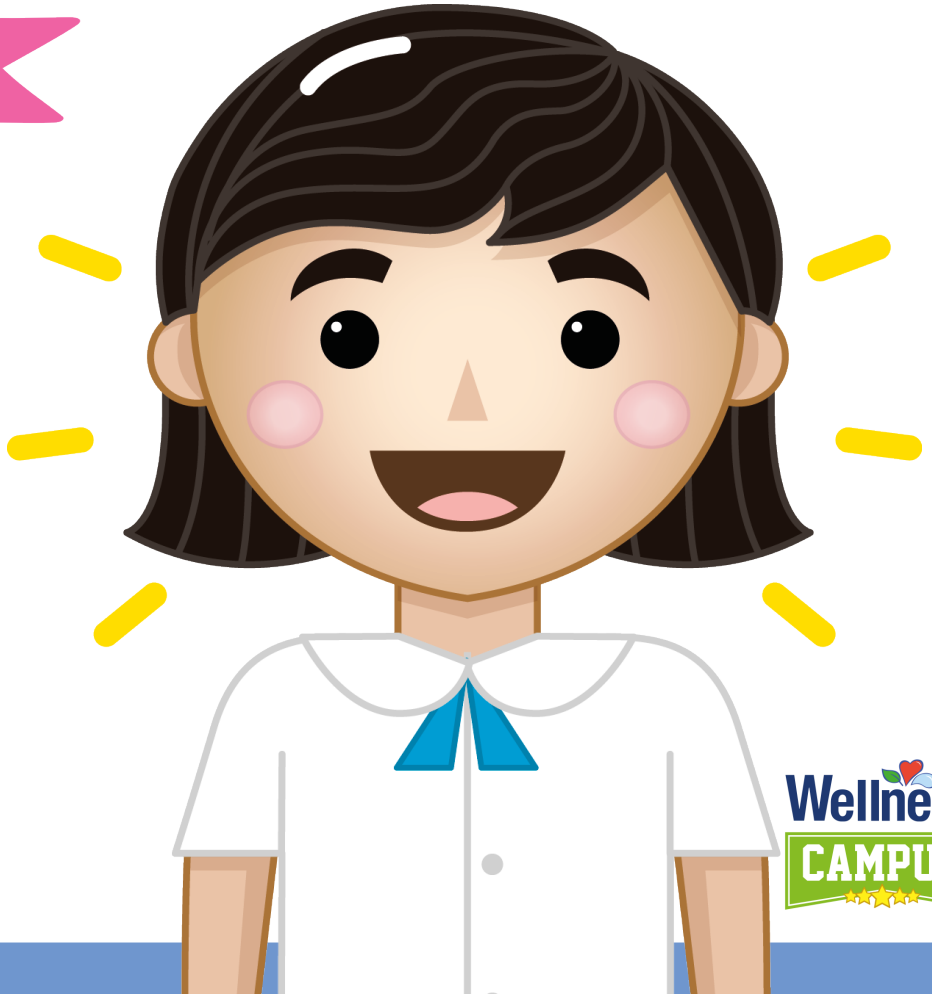
FUNCTIONS OF VITAMIN E

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



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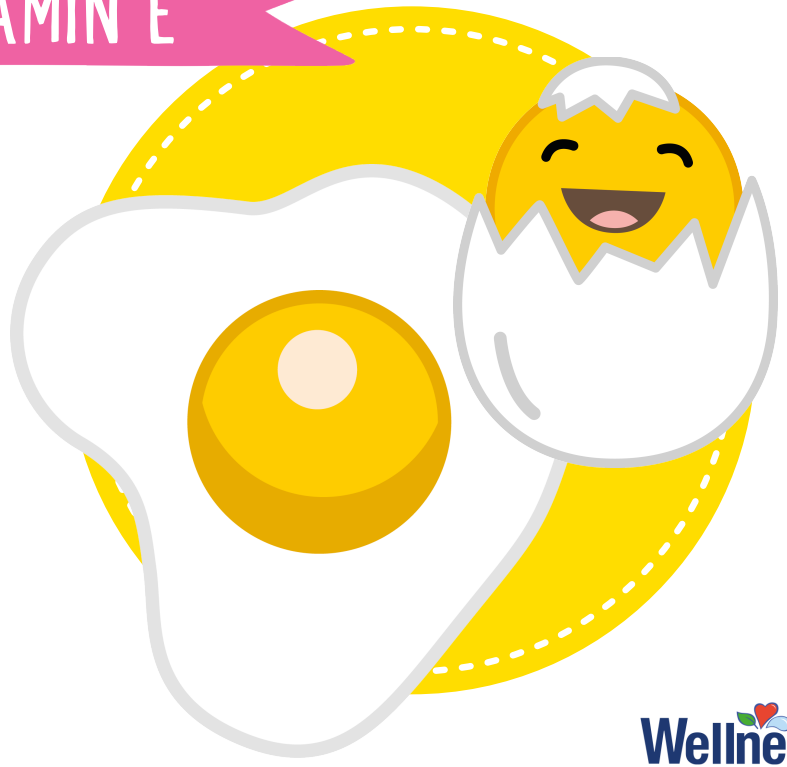
SIGNIFICANT SOURCES OF VITAMIN E

- liver
- egg yolks



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VITAMIN K

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FUNCTIONS OF VITAMIN K

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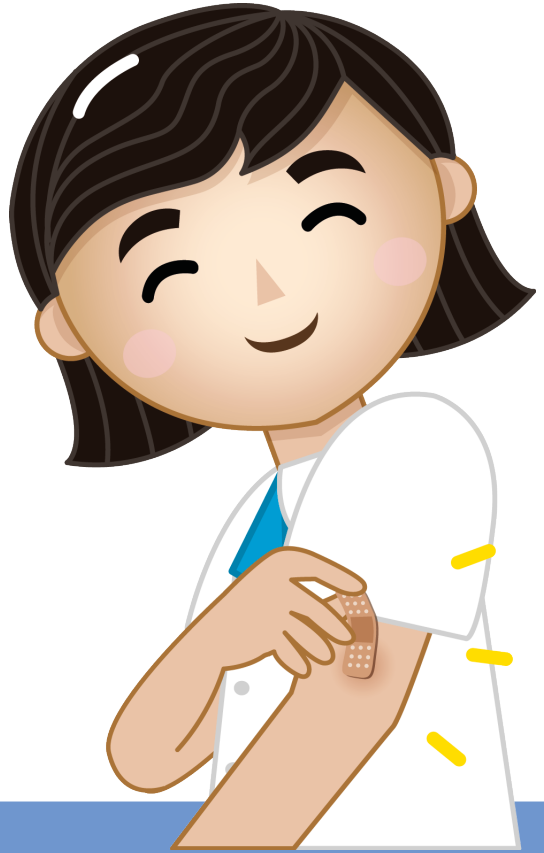
FUNCTIONS OF VITAMIN K

- aids in blood clotting



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SIGNIFICANT SOURCES OF VITAMIN K

- liver
- milk

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PART 2

One way to make good nutritional decisions is to be aware of fallacies related to Grow foods.

FACT OR MYTH?

Extra protein is needed to tone and build muscles.

Fact

Myth

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Extra protein is needed to tone and build muscles.

Fact

Myth

Athletic training such as weight lifting builds muscle strength and size. Consuming more protein would not make any difference. Since protein can also provide calories, excess protein can be stored as fat.

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FACT OR MYTH?

Extra protein is needed to tone and build muscles.

Fact

Myth

Therefore, to build muscles, a person just needs to consume enough protein (no need for extra doses) and sufficient calories, and train regularly.

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FACT OR MYTH?

Peanuts cause acne.

Fact

Myth

Wellness CAMPUS

FACT OR MYTH?

Peanuts cause acne.

Fact

Myth

Peanuts have no effect on the severity of acne. Anxiety, lack of sleep and hormonal fluctuations are more likely to cause acne flare ups. It is best to consult a dermatologist for proper acne management.

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FACT OR MYTH?

The quality of protein can be improved by combining different Grow foods in the diet.

Fact

Myth

FACT OR MYTH?

The quality of protein can be improved by combining different Grow foods in the diet.

Fact

Myth

Some proteins sources are of less quality over others as these lack some amino acids needed for growth and development. A way to improve protein quality is by pairing one protein source to another – for instance, tripes and garbanzos in *callos* or green peas, cashews and peanuts for snacks.

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We should do our part to promote healthier eating habits among family members, friends and others in our community. Encourage others to eat proteins from different sources in the right proportions each day.