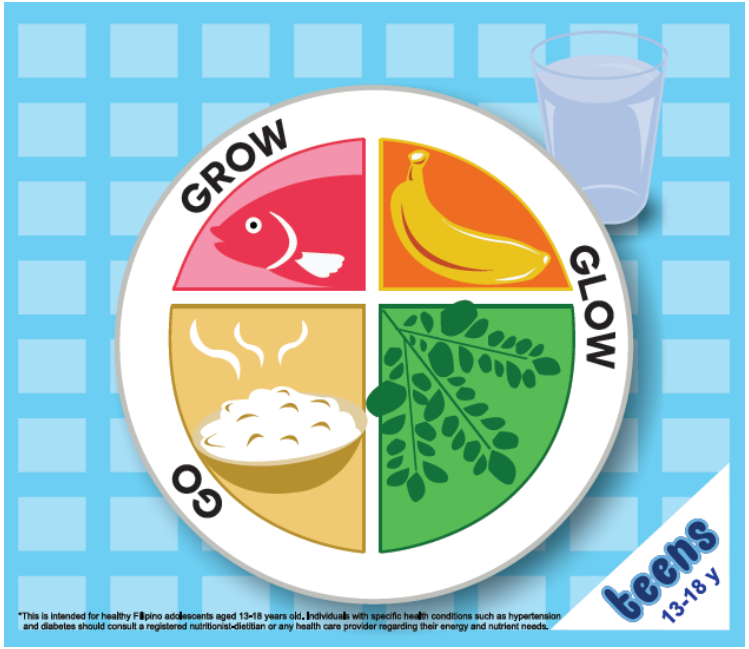
Wellness CAMPUS

MODULE 1 PINGGANG PINOY

PINGGANG PINOY



Pinggang Pinoy® is an easy-to-understand food guide that reminds us of what our meal should look like each day.

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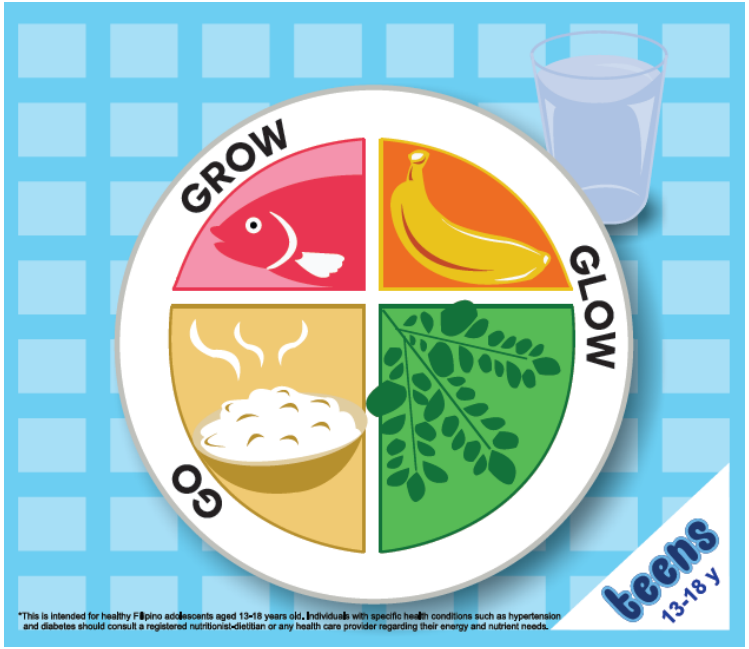
PINGGANG PINOY



If we make each meal a **Pinggang Pinoy®** we will get the energy and nutrients our bodies need to be healthy.

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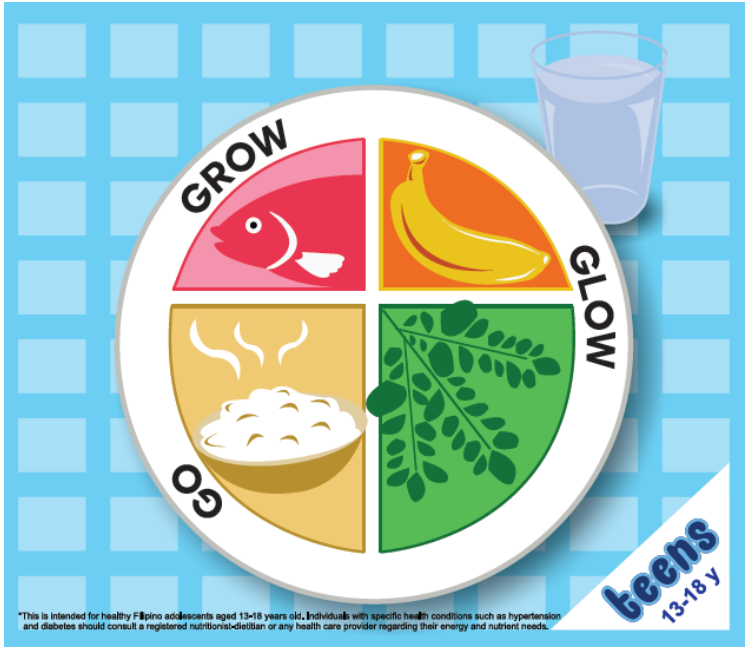
PINGGANG PINOY



A properly balanced meal consists of three basic food groups – Go foods, Grow foods, and Glow foods – accompanied by a glass of water and/or a nutritious beverage like milk.

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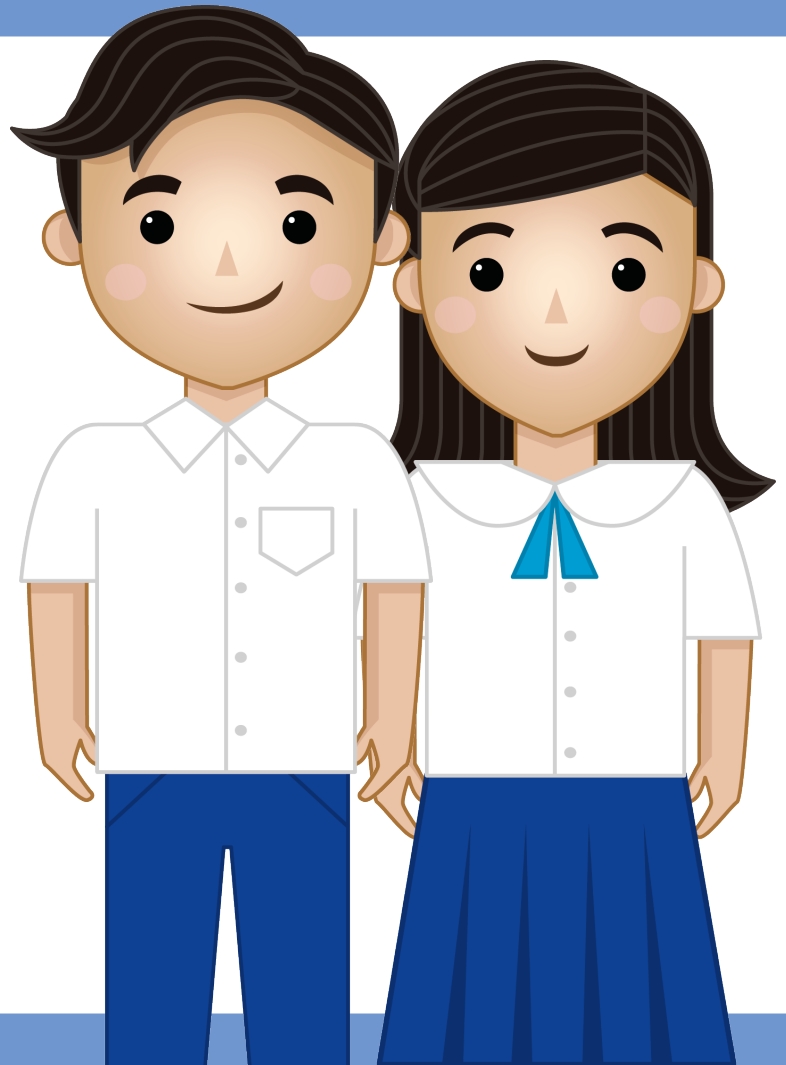
We are responsible for our own health, so we need to make good decisions about the food we eat.



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GLOW FOODS

Choose Glow foods that have a wide variety of color.

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GLOW FOODS

Choose Glow foods that have a wide variety of color.

Different colored fruits and vegetables contain different nutrients, so eating a wide variety of color ensures that we are getting a wide range of nutrients.

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GROW FOODS

Choose Grow foods from different protein sources.

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GROW FOODS

Choose Grow foods from different protein sources.

Different protein sources have different kinds of amino acids and additional nutrients such as vitamins and minerals. Eating different sources of protein raises your chances of getting all the amino acids that your body needs.

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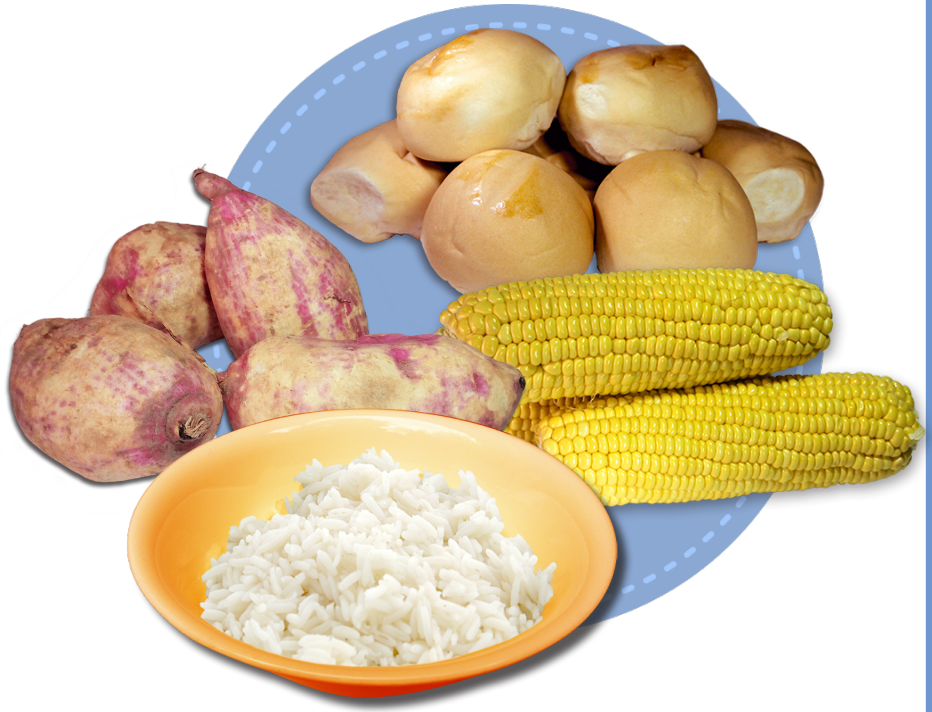
GO FOODS

Choose a variety of Go foods that not only provide energy, but also provide additional vitamins, minerals and fiber.



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WATER

Always include water and a nutritious beverage with each meal, and remember to drink water all throughout the day.

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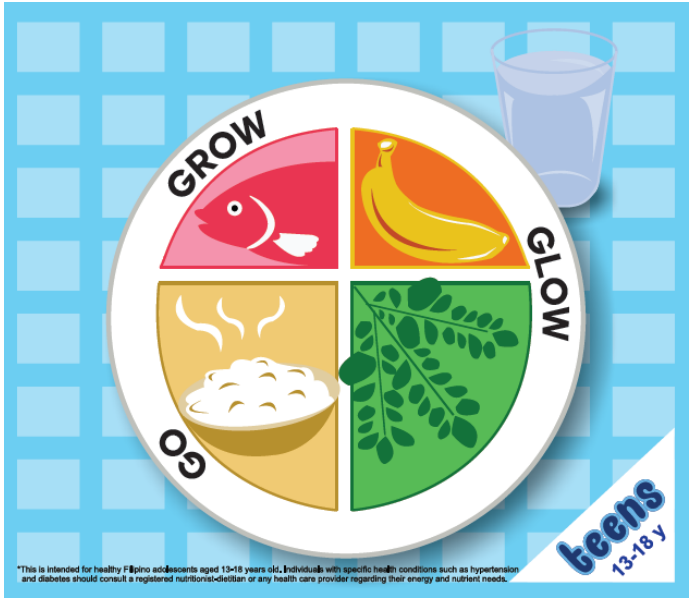
PINGGANG PINOY

Following **Pinggang Pinoy**® helps prevent malnutrition.



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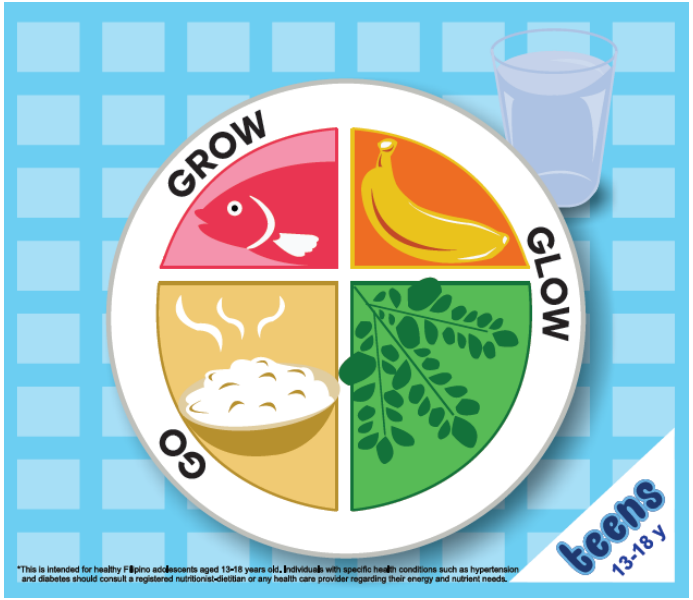
PINGGANG PINOY

Following **Pinggang Pinoy**® helps prevent malnutrition.

Malnutrition is any condition caused by excess (overnutrition) and inadequate (undernutrition) nutrient intake.



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UNDERNUTRITION

Undernutrition occurs when a person's food intake is inadequate, or when other conditions cause him or her to have problems with digestion or metabolism of nutrients.

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UNDERNUTRITION

Signs and symptoms of undernutrition include diarrhea, skin rashes, nervousness, and fatigue.

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UNDERNUTRITION

Prolonged undernutrition results in loss of muscle tissue and increased susceptibility to infectious diseases.

UNDERNUTRITION

A person with a severe case of undernutrition becomes extremely thin, and may also have slower heart rate, respiration, and metabolism.

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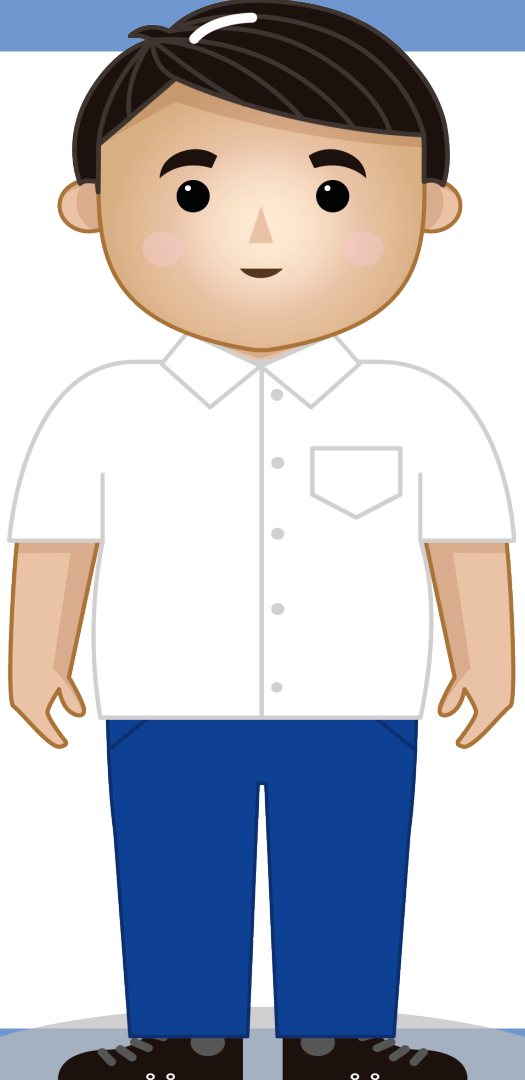
UNDERNUTRITION

Psychological disturbances – such as depression and anxiety – have also been associated with undernutrition.

OVERNUTRITION

Overnutrition occurs when a person's nutrient intake exceeds what the body needs, which can lead to obesity.



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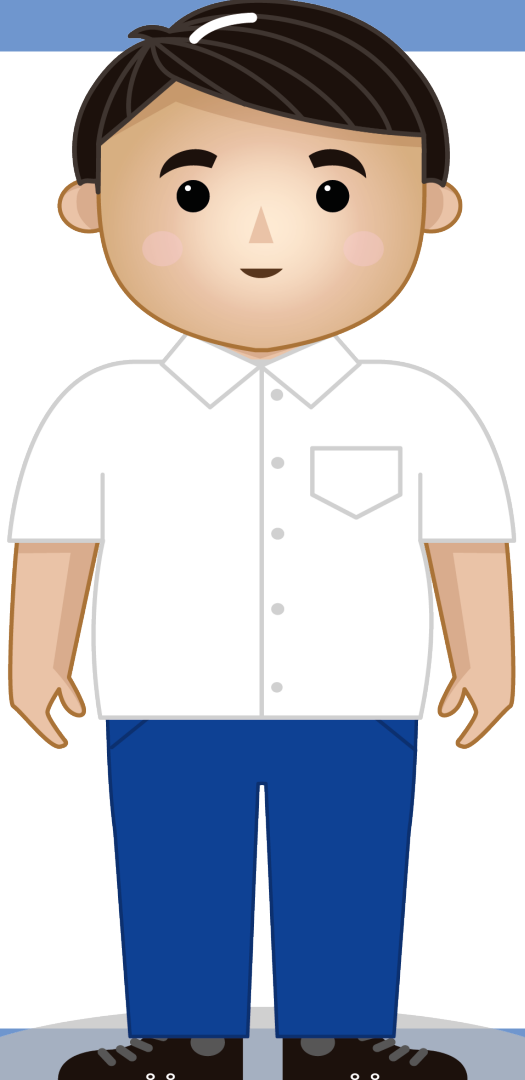
OVERNUTRITION

Obesity lowers a person's general level of fitness and increases one's vulnerability to lifestyle diseases such as heart disease, cancer, liver diseases and diabetes.



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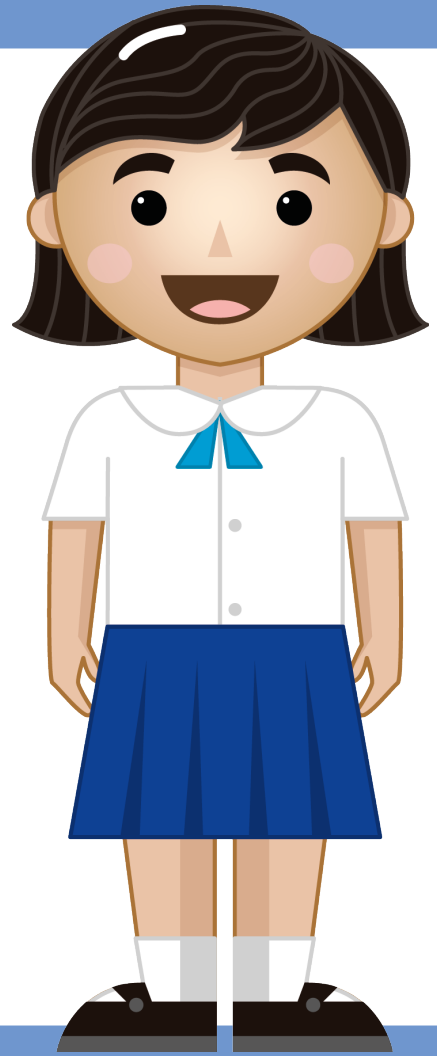
NUTRIENTS

The following are some micronutrients and their benefits to the body.



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VITAMIN A

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FUNCTIONS OF VITAMIN A

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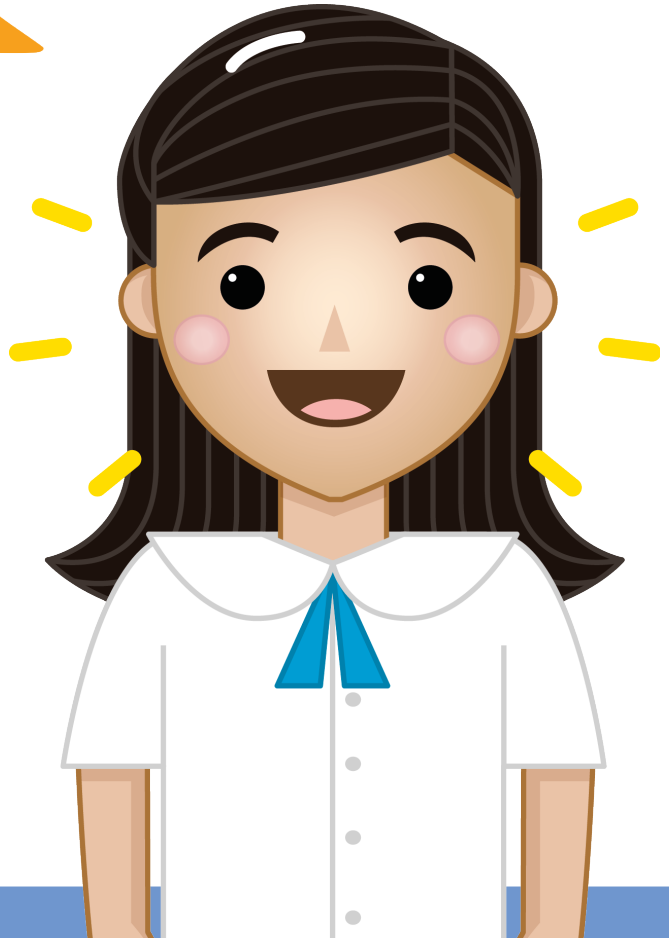
FUNCTIONS OF VITAMIN A

- maintains clear vision

Wellness CAMPUS

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)

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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 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

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SIGNIFICANT ANIMAL 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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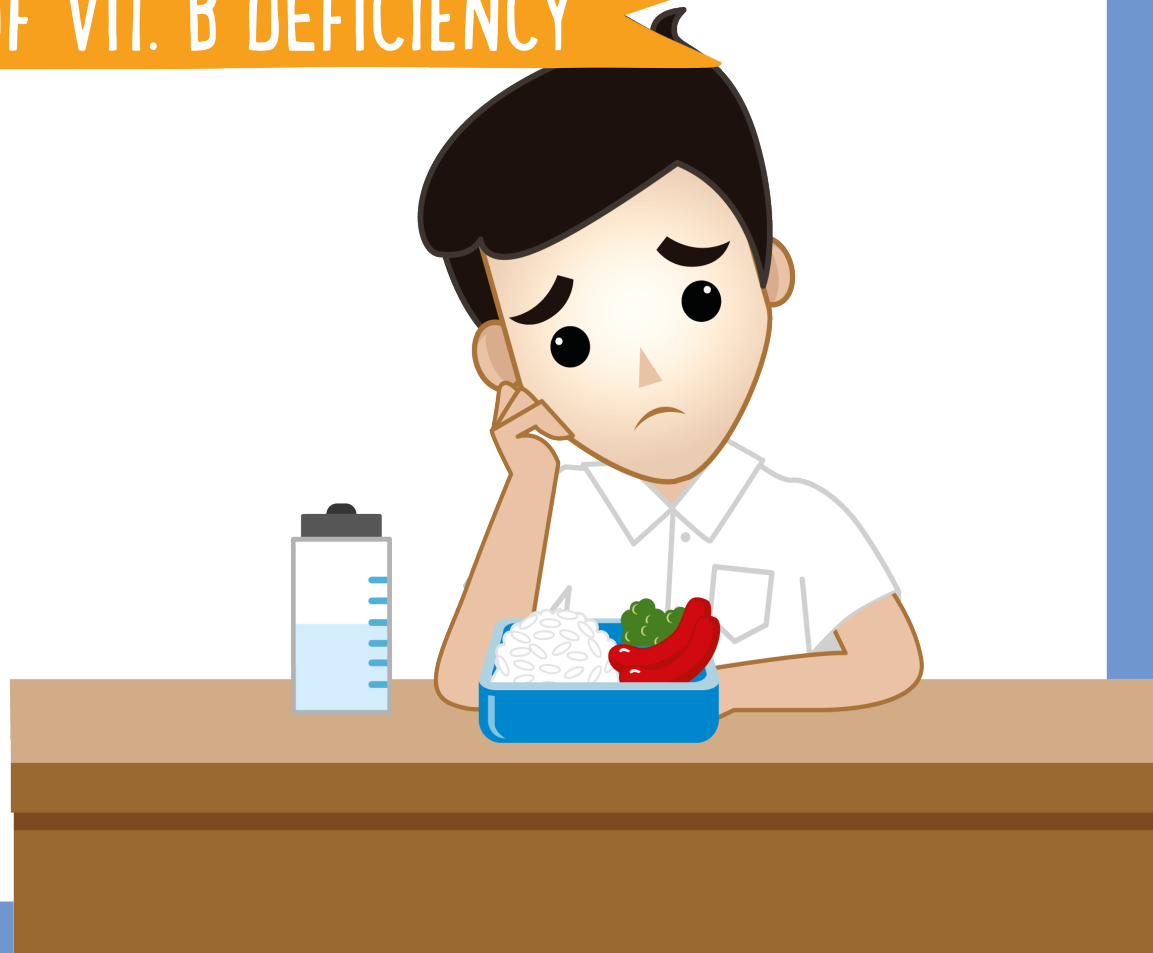
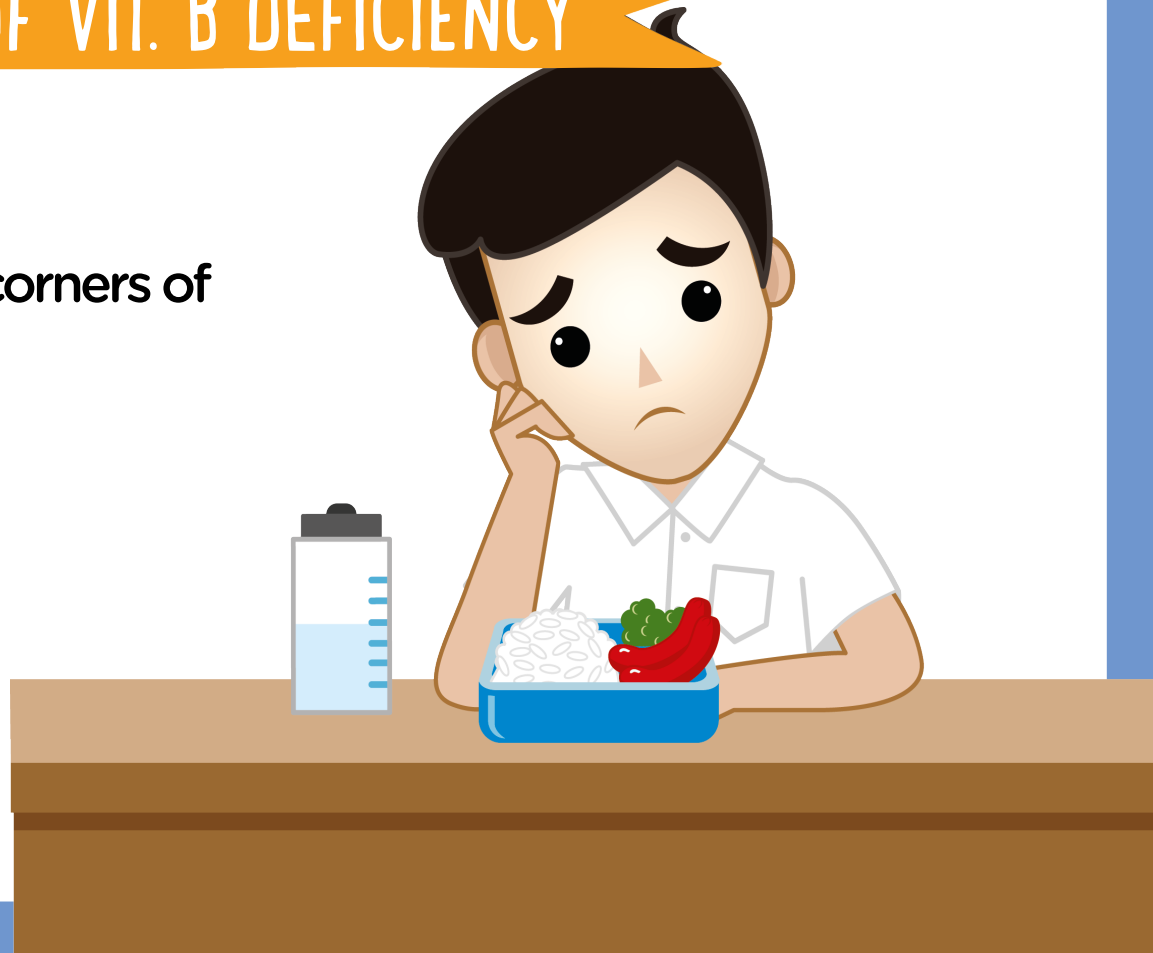
SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue



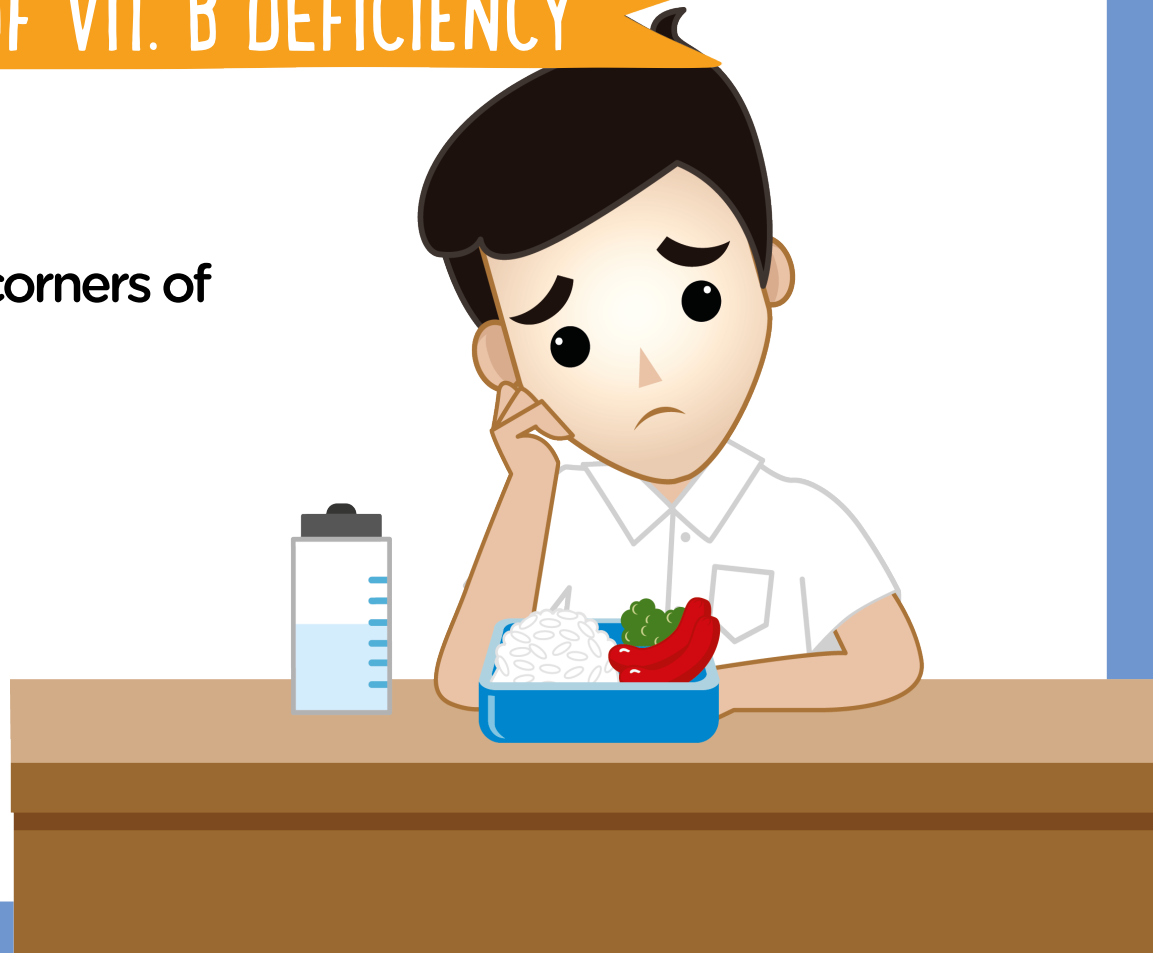
SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- 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

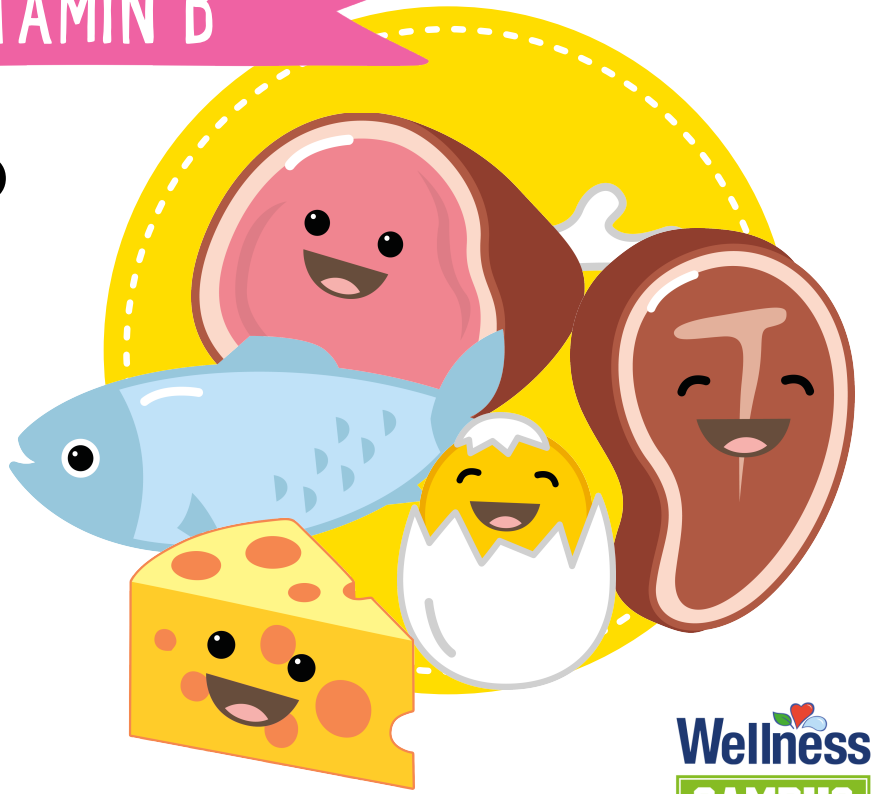
- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite
- fatigue

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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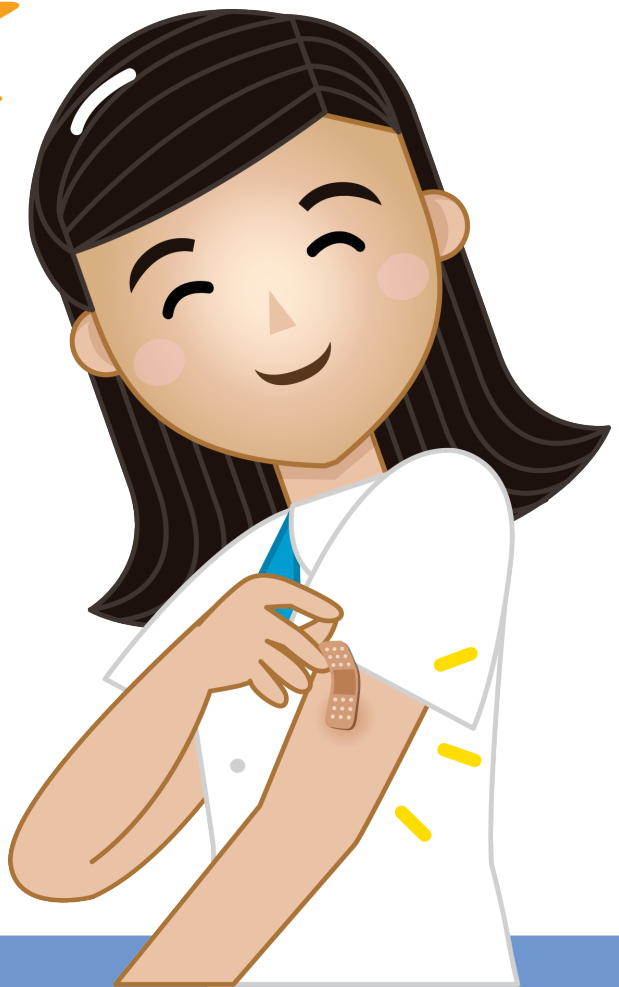
VITAMIN C DEFICIENCY

Wellness CAMPUS

FUNCTIONS OF VITAMIN C

FUNCTIONS OF VITAMIN C

- supports wound healing



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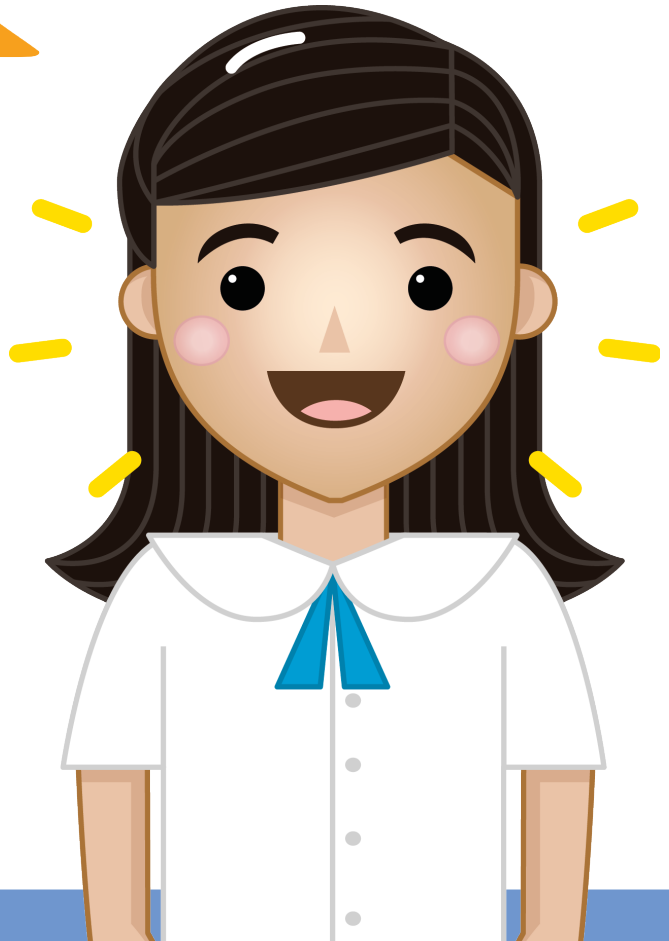
FUNCTIONS OF VITAMIN C

- 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)



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SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

- weak resistance to infectious diseases

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SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

- weak resistance to infectious diseases
- poor wound healing

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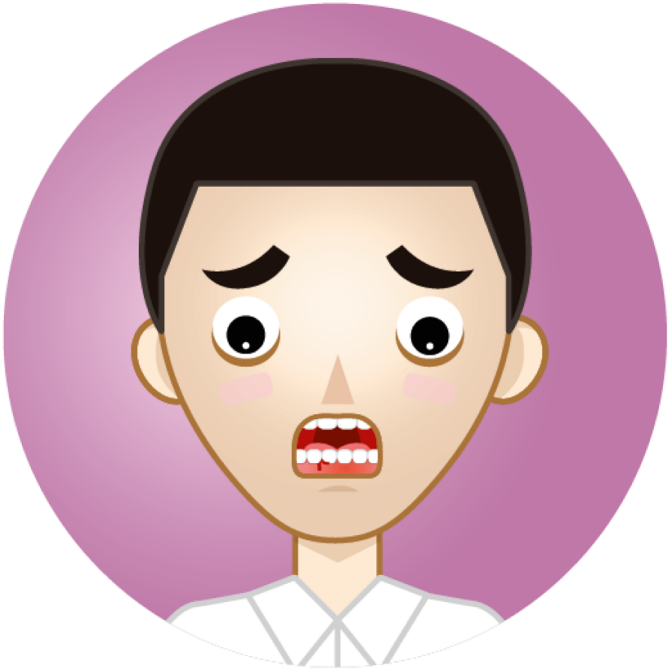
SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

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



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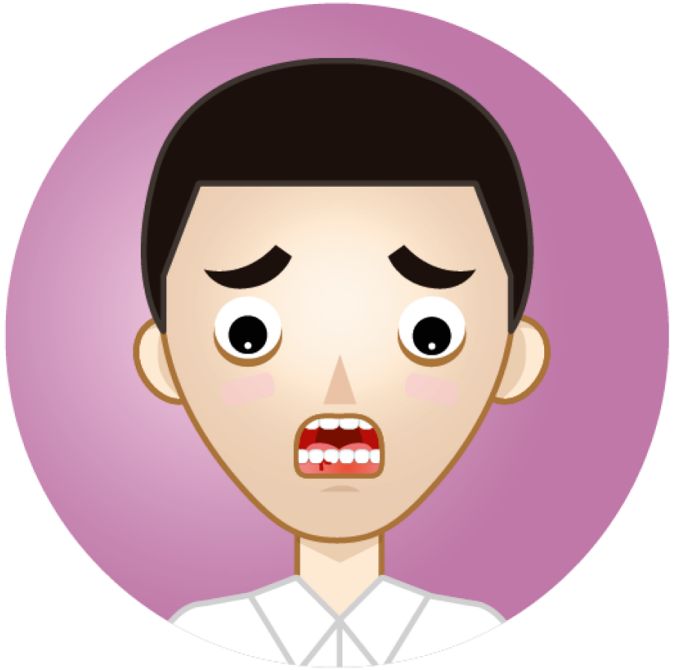
SIGNS & SYMPTOMS OF VIT. C DEFICIENCY

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



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SIGNIFICANT PLANT SOURCES OF VITAMIN C

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

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VITAMIN E DEFICIENCY

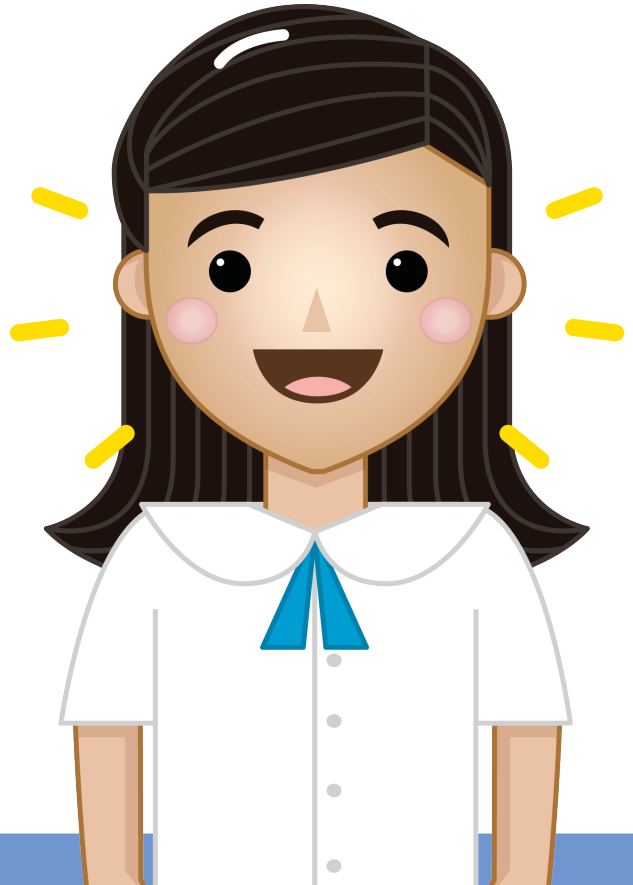
Wellness CAMPUS

FUNCTIONS OF VITAMIN E

Wellness CAMPUS

FUNCTIONS OF VITAMIN E

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



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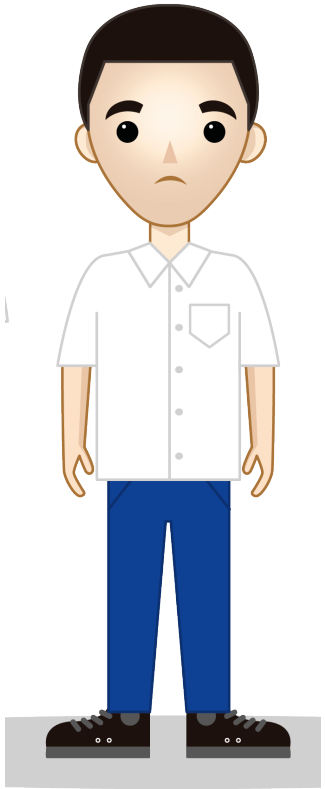
SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

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



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SIGNIFICANT PLANT SOURCES OF VITAMIN E

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

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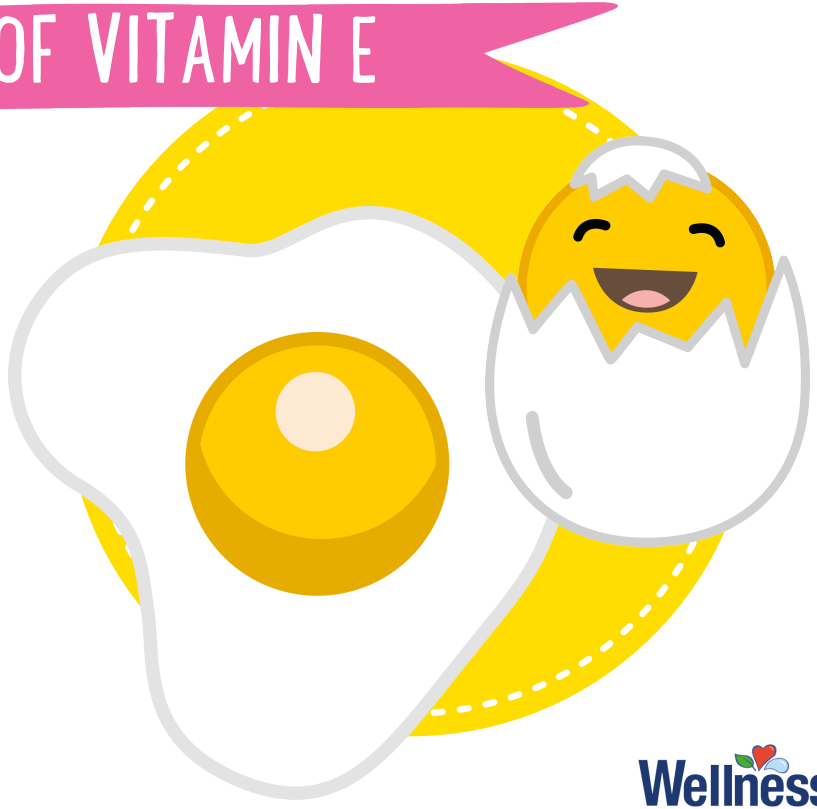
SIGNIFICANT ANIMAL SOURCES OF VITAMIN E

- liver
- egg yolks



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VITAMIN K DEFICIENCY

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FUNCTION OF VITAMIN K

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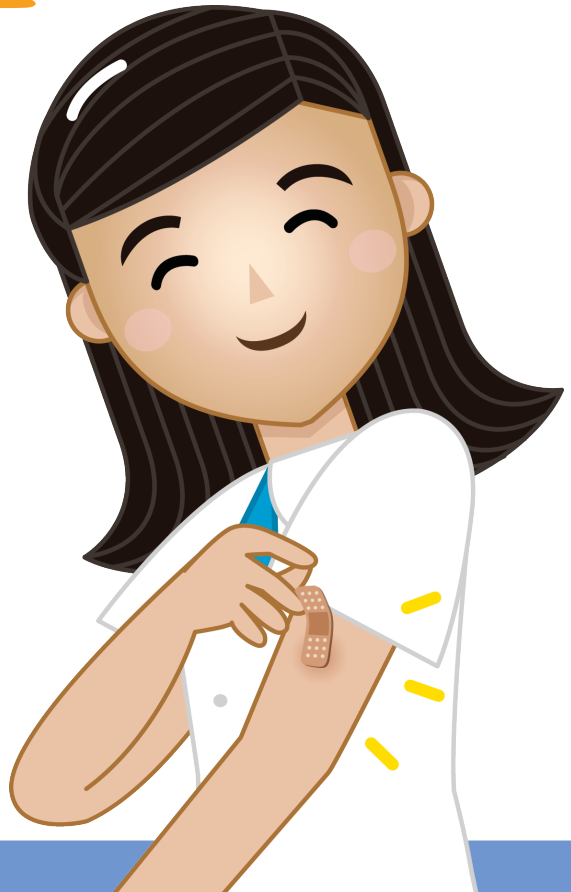
FUNCTION OF VITAMIN K

- aids in blood clotting



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SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

- hemorrhage (or excessive bleeding)

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SIGNIFICANT PLANT SOURCES OF VITAMIN K

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

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SIGNIFICANT ANIMAL SOURCES OF VITAMIN K

- liver
- milk

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IRON DEFICIENCY

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FUNCTIONS OF IRON

Wellness CAMPUS

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

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

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SIGNIFICANT PLANT SOURCES OF IRON

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

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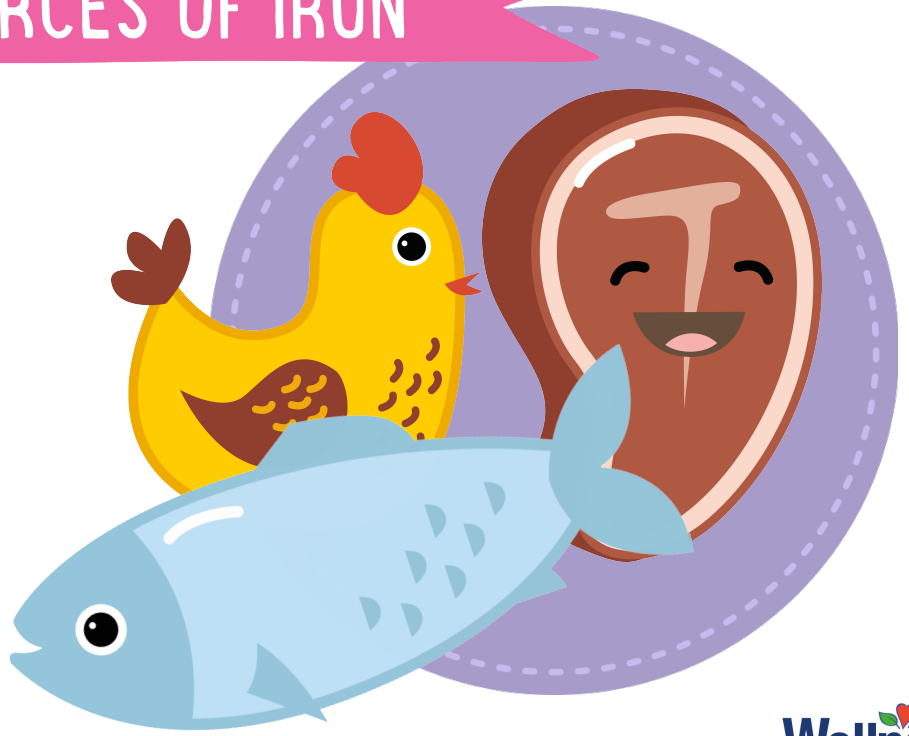
SIGNIFICANT ANIMAL SOURCES OF IRON

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



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ZINC DEFICIENCY

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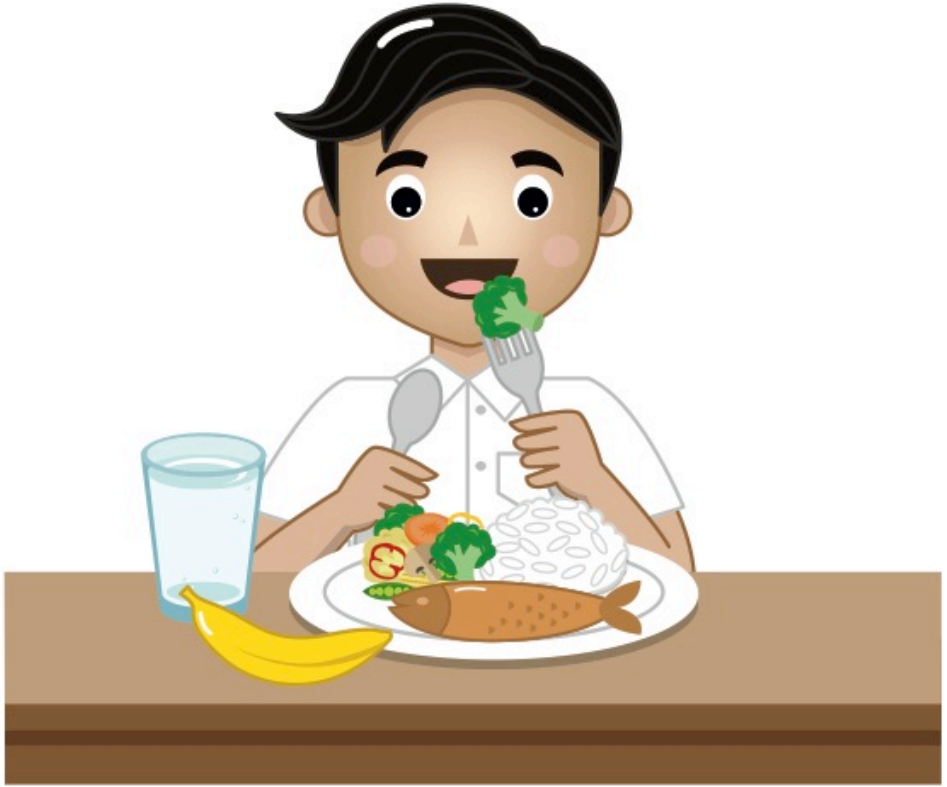
FUNCTIONS OF ZINC

FUNCTIONS OF ZINC

- normal taste



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FUNCTIONS OF ZINC

- normal taste
- wound healing

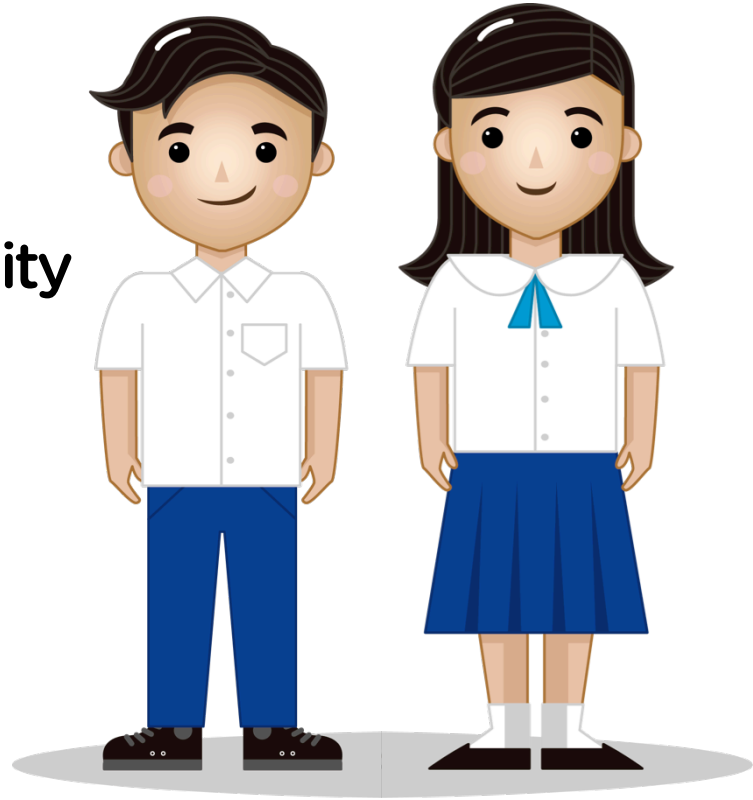
Wellness CAMPUS

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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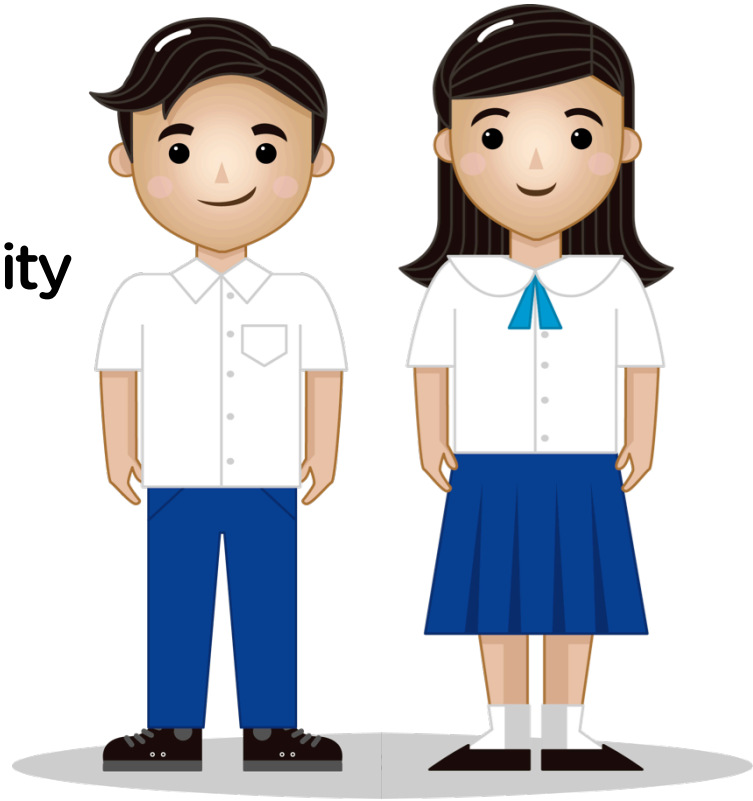
FUNCTIONS OF ZINC

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



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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

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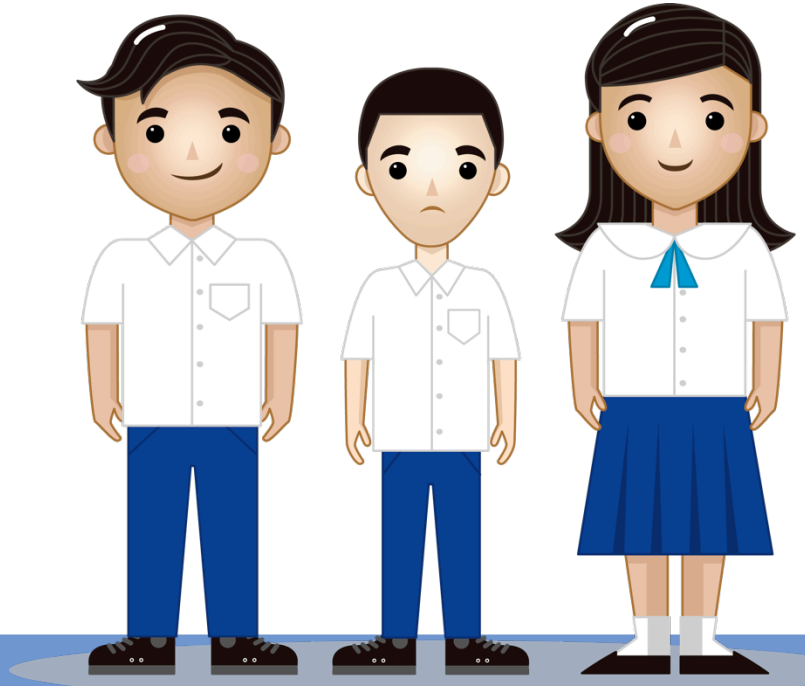
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth



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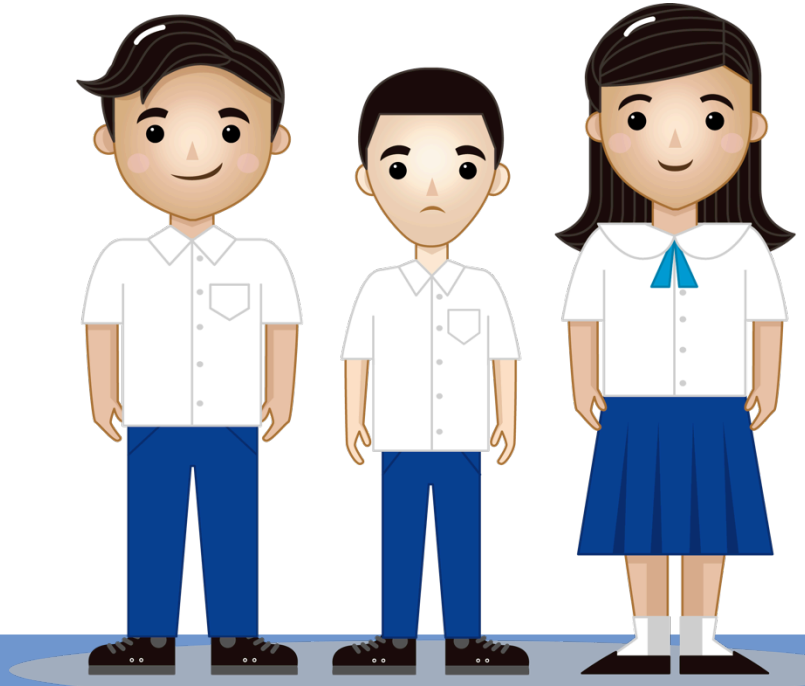
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- 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

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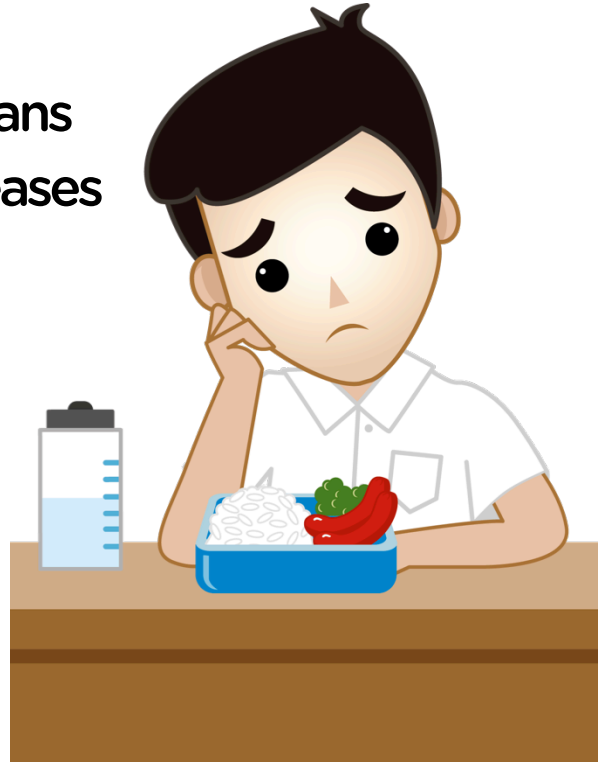
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- 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

FUNCTIONS OF IODINE

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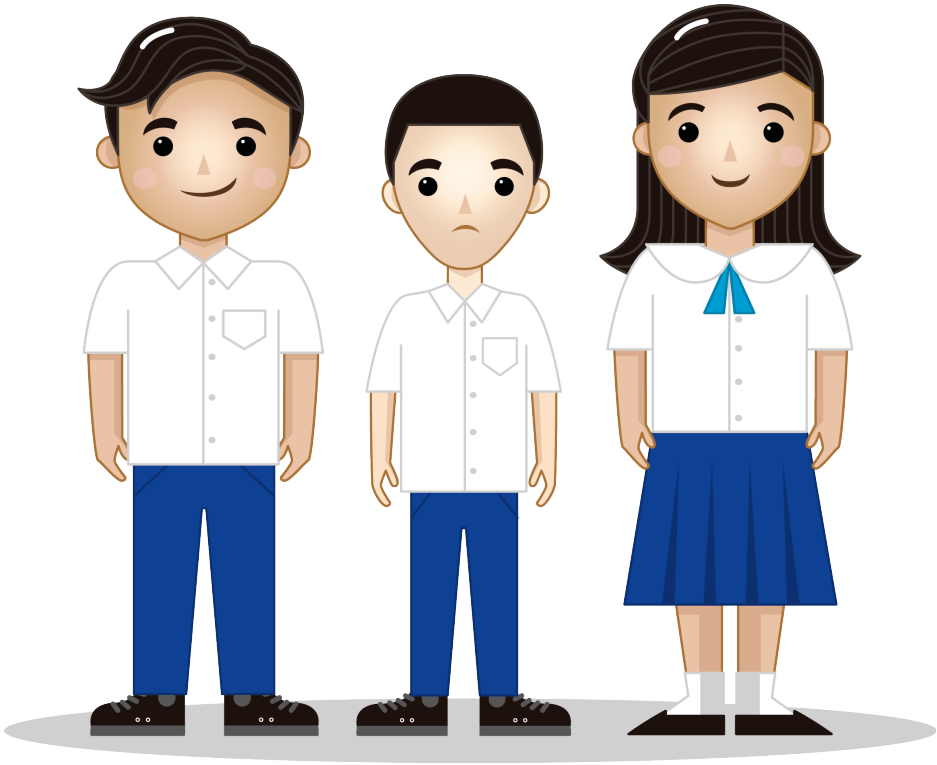
FUNCTIONS OF IODINE

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



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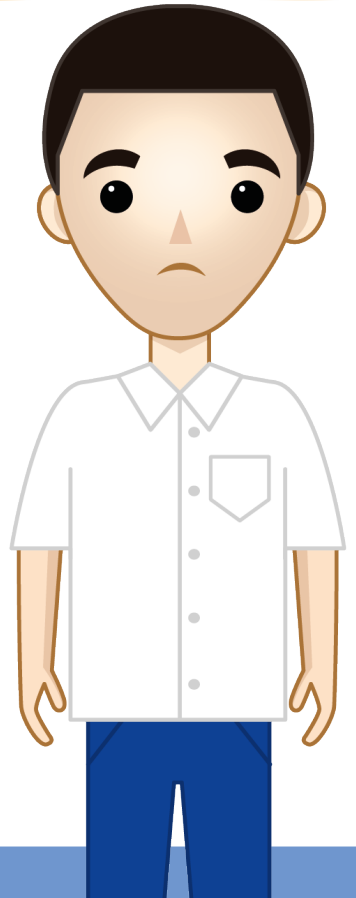
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

- enlargement of the thyroid gland (goiter)



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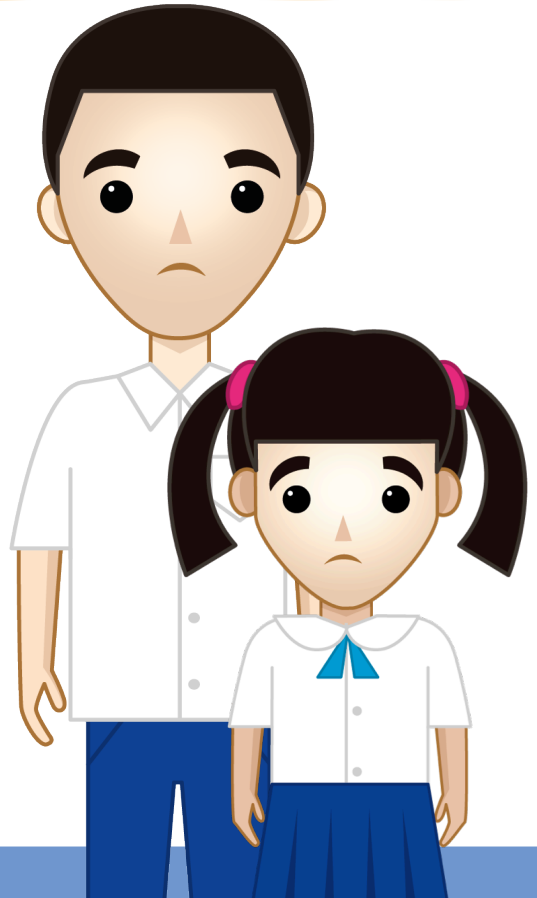
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

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



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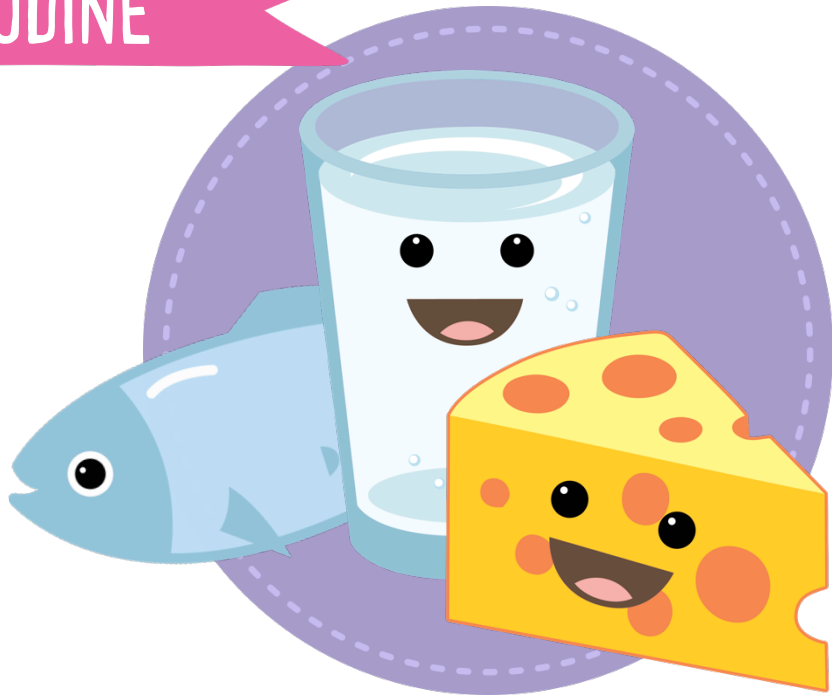
SIGNIFICANT SOURCES OF IODINE

- iodized salt
- seafood
- dairy products



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