

Wellness

CAMPUS

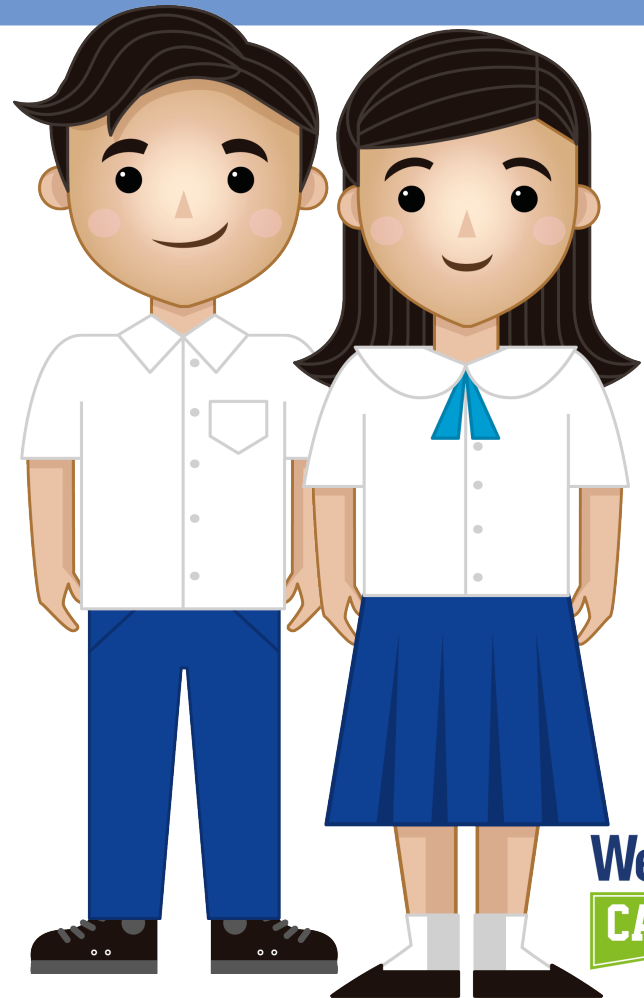


MODULE 2 GLOW FOODS



GLOW FOODS

Glow foods contain many vitamins and minerals that support the nutritional requirements of our rapidly developing bodies and our active lifestyles.



GLOW FOODS

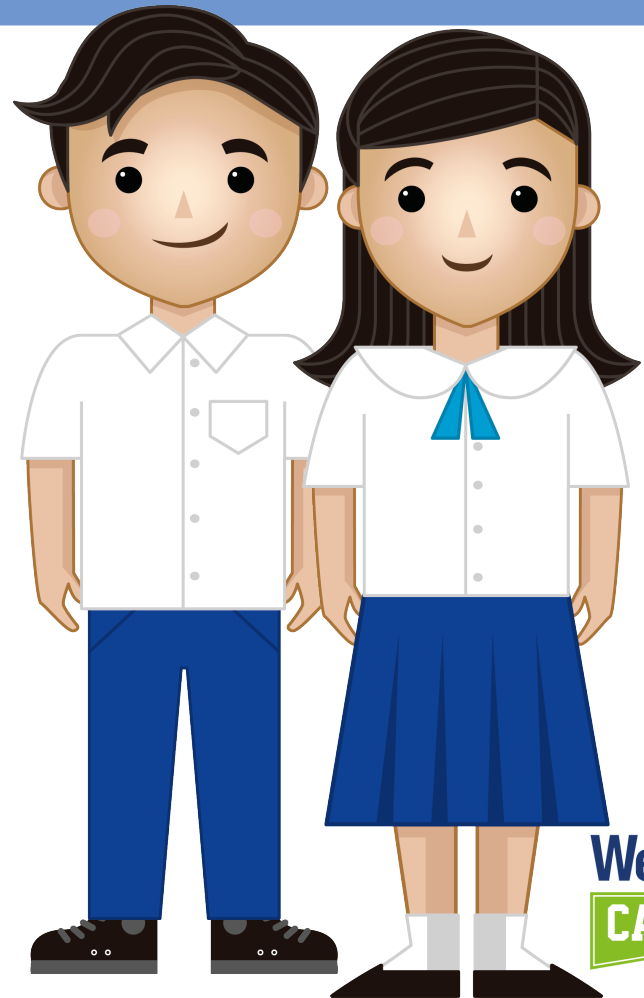
Choose Glow foods that have a wide variety of color.

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



GLOW FOODS

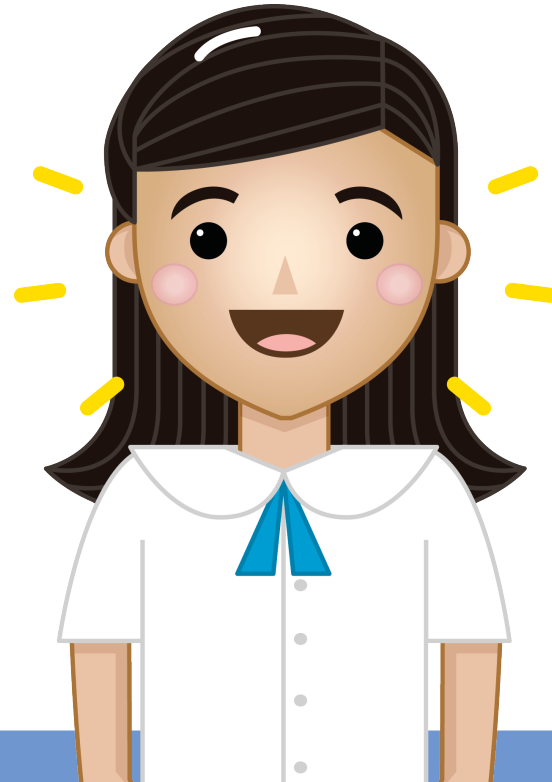
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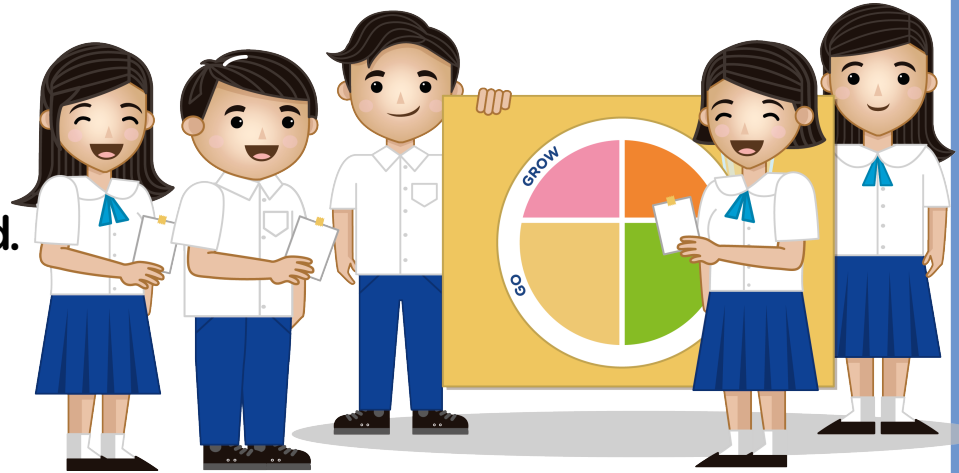
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- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.



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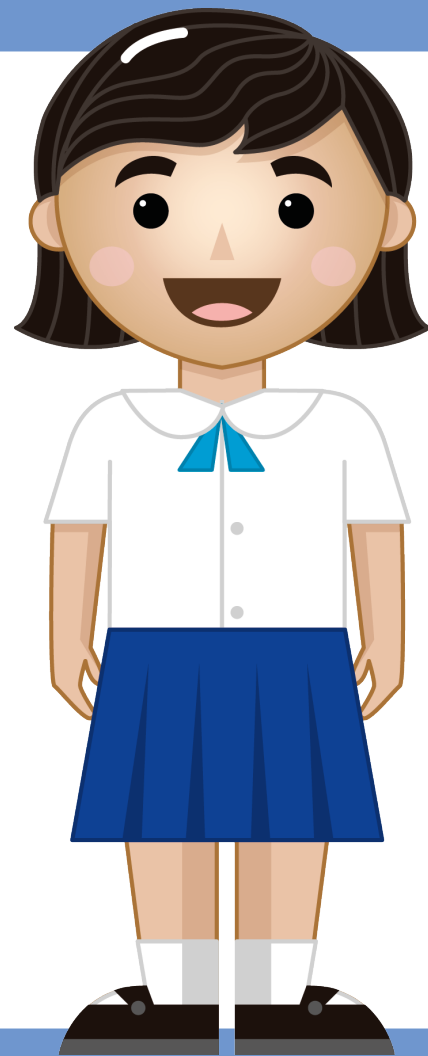
The nutrients we get from Glow foods:

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- Keeps our eyes healthy, to help us when we need to read and study hard.
- Helps prevent sickness, like colds and cough, so that we don't miss out on important events with family and friends.
- Helps us stay alert and focused, so that we can perform well in school.



GLOW FOODS

The following are some micronutrients found in Glow foods and their benefits to the body.



VITAMIN A

FUNCTIONS OF VITAMIN A

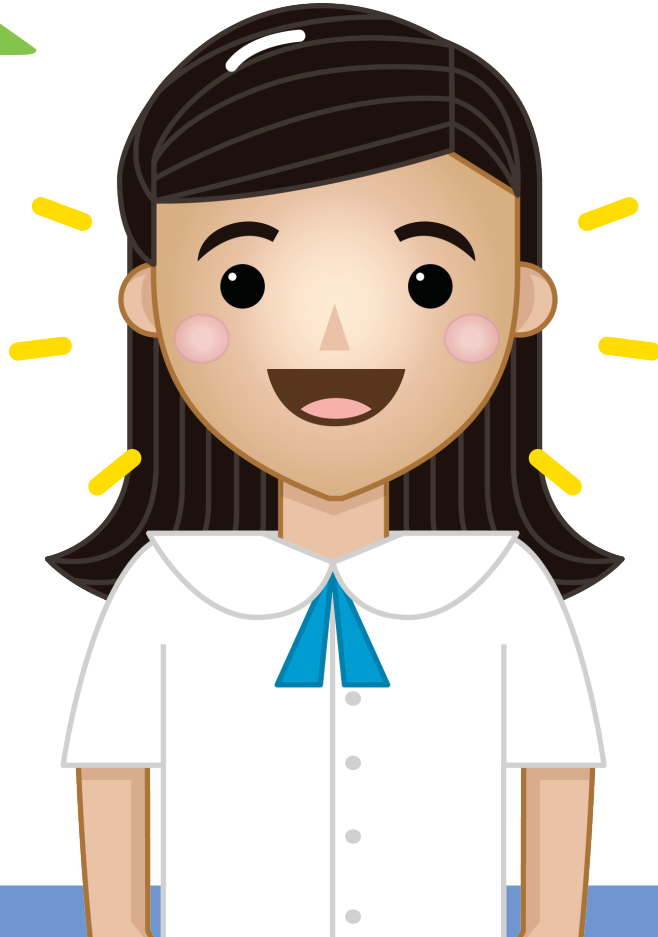
FUNCTIONS OF VITAMIN A

- maintains clear vision



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- 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

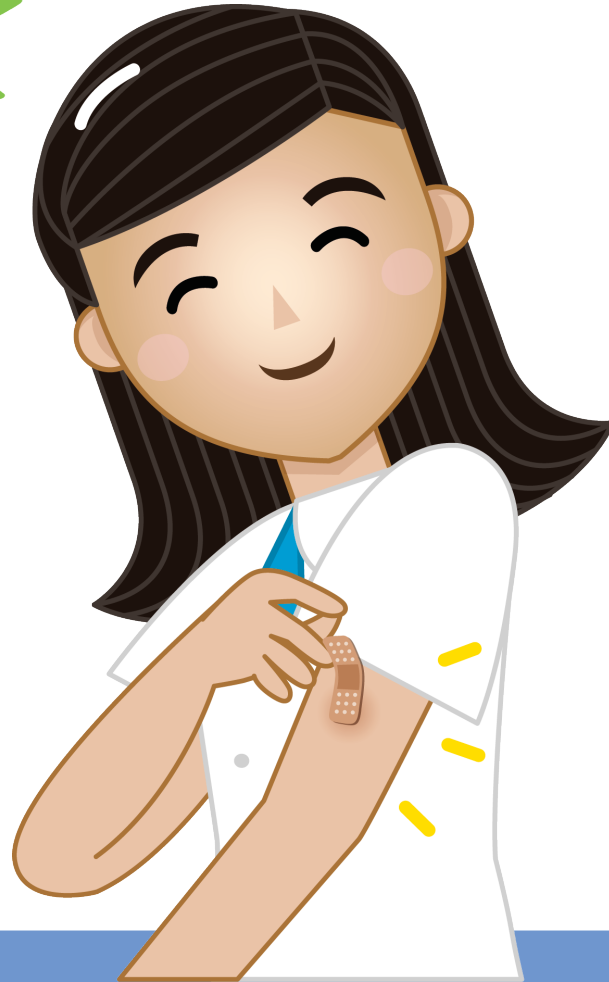


VITAMIN C DEFICIENCY

FUNCTIONS OF VITAMIN C

FUNCTIONS OF VITAMIN C

- supports wound healing



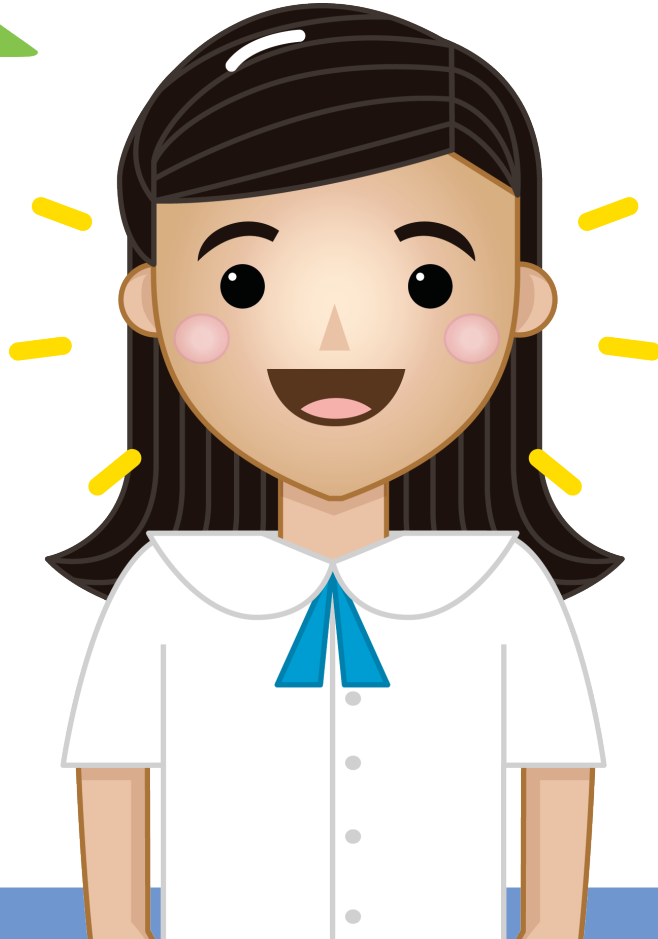
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FUNCTIONS OF VITAMIN C

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



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- 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

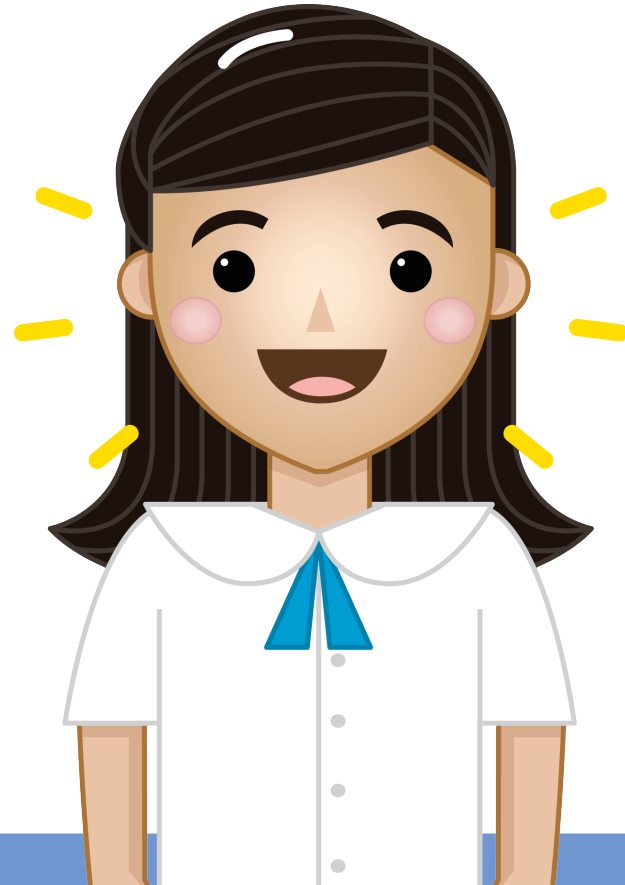


VITAMIN E DEFICIENCY

FUNCTIONS OF VITAMIN E

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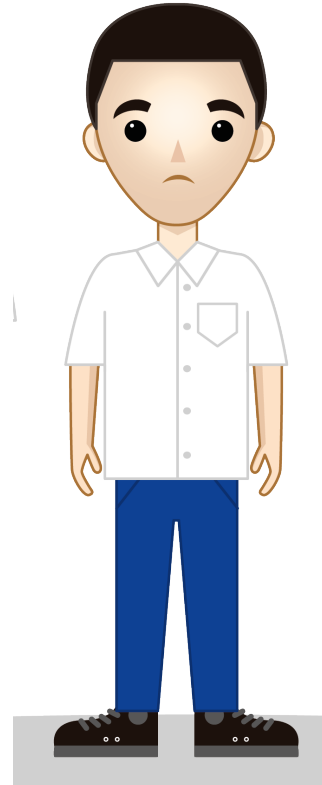
- an antioxidant (a substance that prevents or delays some types of cell damage)



SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

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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

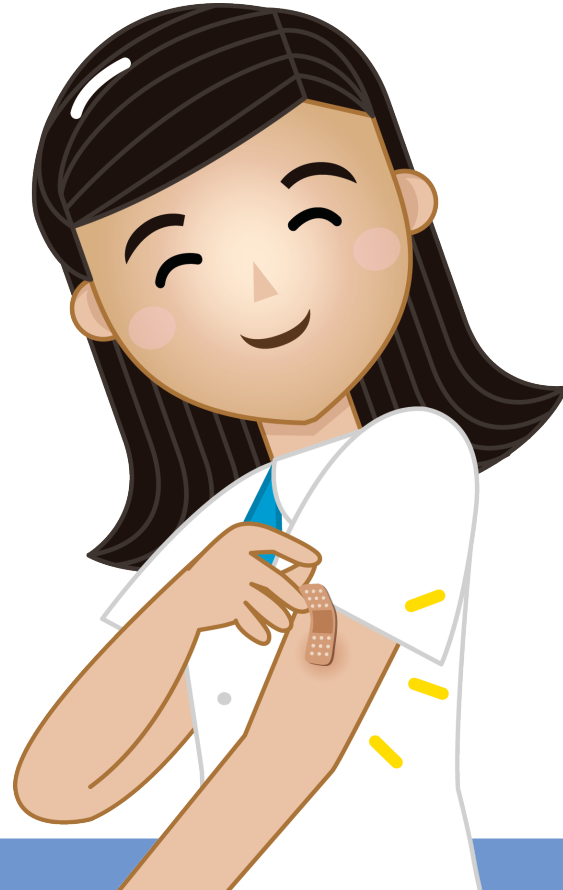


VITAMIN K DEFICIENCY

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

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- 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

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- **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

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Fruits and vegetables also contain fiber that has even more health benefits.

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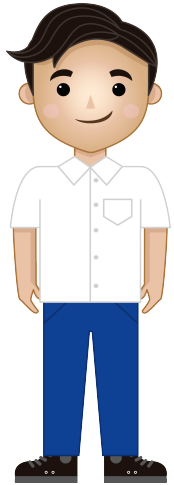
Fiber lowers cholesterol, lowers blood sugar levels (beneficial for those who have diabetes) and regulates bowel movement.

GLOW FOODS

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

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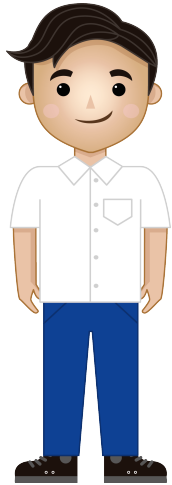


Males

- 1-2 cups of cooked vegetables
- 1 medium sized fruit (banana, mango)
- 1 slice of big fruit (papaya, pineapple, watermelon)

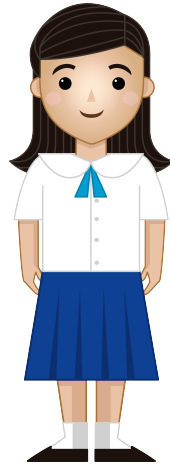
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Males

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- 1 medium sized fruit (banana, mango)
- 1 slice of big fruit (papaya, pineapple, watermelon)



Females

- 1 - 1.5 cups of cooked vegetables
- 1 medium sized fruit (banana, mango)
- 1 slice of big fruit (papaya, pineapple, watermelon)