



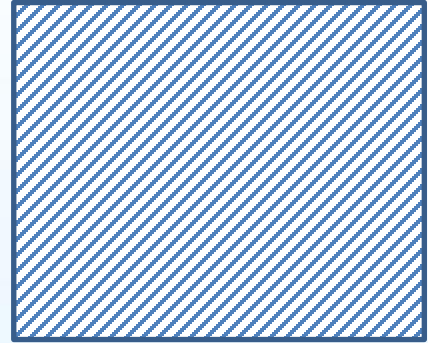
WHAT IS GOOD  
**NUTRITION?**

# What are Nutrients?

**Definition:** *substances in food that your body needs to function properly throughout the day.*



Nutrition =



NUTRITION



# Nutrition

Carbohydrates

Vitamins

Water

Minerals

Protein

Fats

Fiber





**fiber, carbohydrates , proteins**



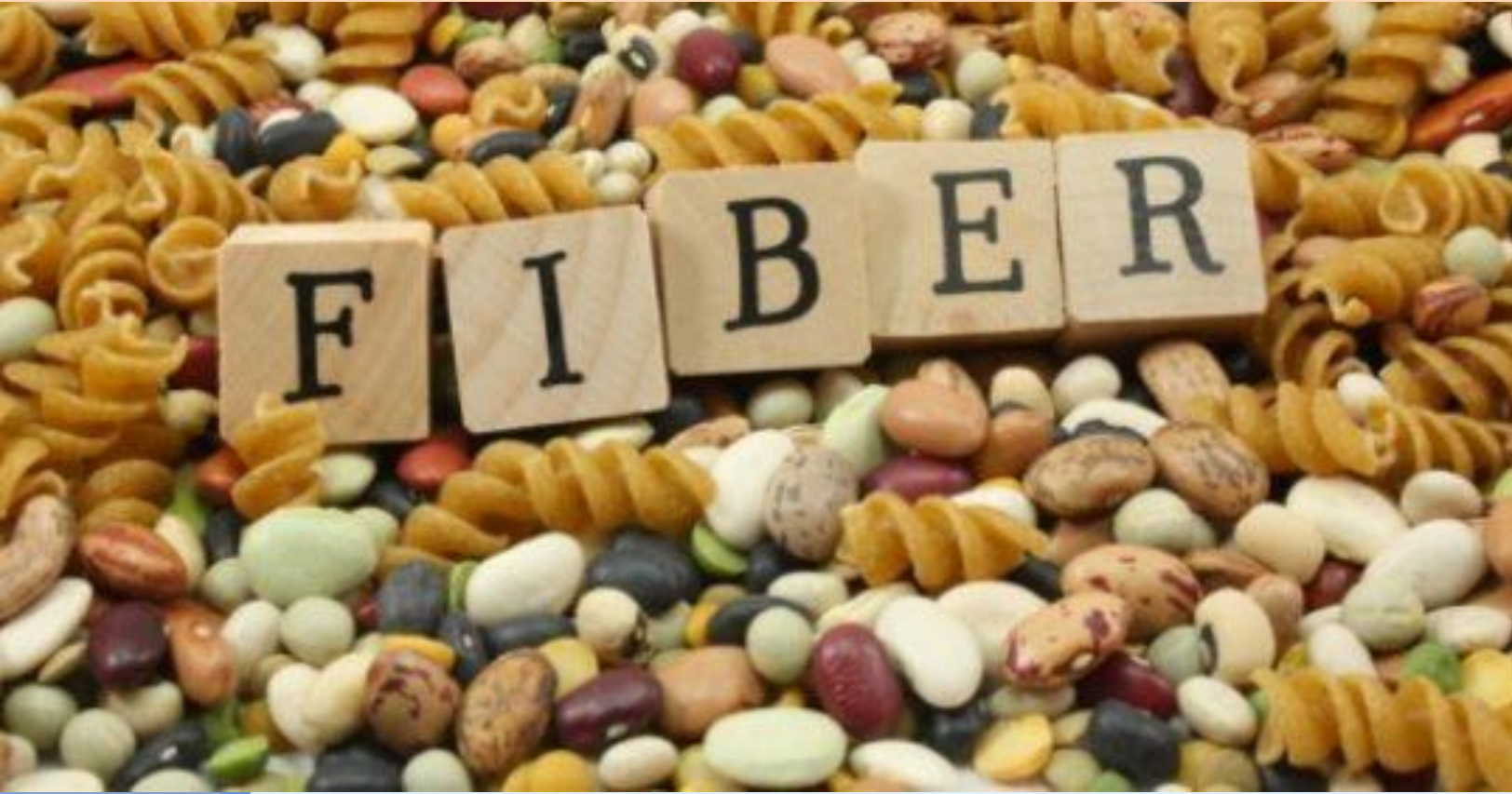
## Food

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- **Carbohydrates**
- **Lipids (Fats)**
- **Proteins**
- **Vitamins**
- **Minerals**
- **Fibre**
- **Water**



**Keeps the digestive system clean / nutrition can pass easily through the body**



# Foods High in Fiber



Swiss Chard - 2 cups 16 grams



Celery - 2 cups 16 grams



Broccoli - 1 cup 9 grams



Cabbage - 2 cups 9 grams



Spinach - 2 cups 7 grams



Asparagus - 2 cups 7 grams



Raspberries - 1/2 cup 5 grams



Apple - 1 large 5 grams



Wasa Bread - 1 Slice 2 grams



# CARBOHYDRATES





**Used as fuel / can be broken into a simple sugar ( Glucose) / then make enough energy for the body**



**White bread**



**White pasta**



**White rice**



**Cakes**



**Cookies**



**Candy**



**Ice cream**



**Non-diet sodas**



**Sugary cereals**



**Sweetened drinks**



**Whole  
wheat bread**



**Brown rice**



**Starchy  
vegetables**



**Fruit**



**Beans**



**Lentils**



**Quinoa**



**Oats**



**Sweet potatoes**



**Chia seeds**



PROTEIN



**They do many important jobs in the body, they can help human to grow up**

# 12 fantastic protein foods



**Lean beef**

33 g per 150 g (raw)



**Chicken**

33 g per 150 g (raw)



**White fish**

30 g per 150 g (raw)



**Tofu**

12 g per 100 g



### **Tuna**

19 g per 95 g can



### **Milk**

10 g per cup



### **High protein milk**

15 g per cup



### **Mixed nuts**

7 g per 30 g



### **High protein yoghurt**

15 g per 170 g



### **Cheese**

9 g per 35 g



### **Eggs**

8 g per large egg



### **Legumes**

7 g per half cup

# How to keep a healthy diet during the COVID-19 pandemic



1. Based on your metabolism, ensure you get an adequate daily calorie intake.



2. Eat the right proportion of protein (10%-35%), carbohydrates (45%-65%) and fats (20%-35%).



3. Try to drink 1.5 to 2 liters of water a day – about eight 8-ounce glasses.



4. Ensure adequate intake of fresh vegetables and fruits.

Source: Chinese Center for Disease Control and Prevention





**AN APPLE A DAY**

keeps the Doctor  
Away



**Have a good time!**