

“ Our Body ” ...

a Public Awareness

>>STATE ESTABLISHMENT<<

**DNEPROPETROVSK
MEDICAL ACADEMY OF
UKRAINE**

2017

**SOME SIMPLE HEALTHY
FOODS THAT ARE GOOD
FOR THE BODY**

**“MY VIDEO PRESENTATION
INTRODUCTION
(35 SECS)”**

1ST REPORTER

The human body is the entire structure of the human being that is composed of many different types of cells that together create tissues and then organ system.

- ▣ (photo)

EATING HEALTHY FOODS MEANS ;

- You will be much healthier than you are now
- You will be protected from a lot of various of diseases
- The expectations of living in this world is much longer

1. PROPER DIET/FOOD FOR THE BODY

1. Pure clean water

- ▣ (5 photos)

The human body contains from 55% to 78% water, depending on body size. To function properly, the body requires between one and seven liters of water per day to avoid dehydration; the precise amount depends on the level of activity, temperature, humidity, and other factors. most specialists agree that approximately 2 liters (6 to 7 glasses) of water daily is the minimum to maintain proper hydration.

And among the best times to drink water are ;

- ▣ **1) After waking up**
- ▣ Drink one glass of water after waking up to help activate your internal organs. The water will help to remove any toxins before your first meal of the day.
- ▣ **2) Before a meal**
- ▣ Drink one glass of water 30 minutes before a meal to help digestion. Remember not to drink too soon before or after a meal as the water will dilute the digestive juices. Drink water an hour after the meal to allow the body to absorb the nutrients.
- ▣ **3) Before a bath**
- ▣ Drink one glass of water before taking a bath to help lower your blood pressure.
- ▣ **4) Before sleep**
- ▣ Drink one glass of water an hour before bedtime to replenish any fluid loss that can occur during the night.
- ▣ WITH PHOTOS....

And here is a little schedule on appropriate time of drinking water :

- ▣ **7:00 - 1st Glass**
- ▣ Drink your first glass of water after you wake up to hydrate your body after a long night's rest. Take your breakfast at least half an hour after the first glass.
- ▣ **9:00 - 2nd Glass**
- ▣ It's approximately 1 hour after your breakfast; have a glass of water and start your work day.
- ▣ **11:30 - 3rd Glass**
- ▣ Have a glass of water 30 minutes before lunch.
- ▣ **13:30 - 4th Glass**
- ▣ Drink a glass of water an hour after lunch to allow the nutrients from the food to be better absorbed by your body.
- ▣ **15:00 - 5th Glass**
- ▣ During your tea break, have a non-sweetened drink to freshen your mind.
- ▣ **17:00 - 6th Glass**
- ▣ This glass of water will keep you satiated and prevent overeating during dinner.
- ▣ **20:00 - 7th Glass**
- ▣ Have a glass of water an hour after dinner and before you shower.
- ▣ **22:00 - 8th Glass**
- ▣ Drink your last glass of water an hour before bedtime to aid in the cell renewal process during your sleep.
- ▣ WITH PHOTOS...

2ND REPORTER

2. Fruits

- ▣ (5 photos)

Fruits benefit your body immensely as they are natural sources of vitamins and minerals, which are essential for proper functioning of the body. Rich in dietary fiber, fruits also help to improve the functioning of the digestive tract. Fruits are an important part of a healthy diet for those who want to lose weight; they give ample energy and nearly every nutrient that your body needs to curb weight gain, without adding any unnecessary fats.

Moreover, fruits help you to stay away from health complications like heart stroke, high blood pressure, cancer, heart ailments, and diabetes. Fruits effectively fight skin disorders and promote healthy hair growth. It is always suggested to eat raw, fresh and ripe fruits because then you experience the real health benefits, rather than consuming them after processing or cooking.

And among the most healthiest fruits includes :

- ▣ 1. avocado
- ▣ 2. berries
- ▣ 3. apples
- ▣ 4. orange lemon
- ▣ 5. kiwis
- ▣ 6. pomegranates
- ▣ 7. apricots
- ▣ 8. cherries
- ▣ 9. bananas
- ▣ 10. red grapes
- ▣ 11. citrus fruits
- ▣ 12. mango
- ▣ 13. pineapple
- ▣ (with PHOTOS)

And among the best times to eat fruits are ;

▣ 1. Always Eat Fruit on an Empty Stomach

- ▣ Eating fruit with a meal can slow the emptying of your stomach but only by a small amount. This is actually a good thing as it may help you feel more full and cut back on calories.

▣ 2. Eating Fruit Before or After a Meal do not Reduces Its Nutrient Value

- ▣ Your digestive system is more than prepared to digest and absorb the nutrients from fruit, whether it's eaten on an empty stomach or with a meal.

▣ 3. If You Have Diabetes, You Should Eat Fruit 1-2 Hours Before or After Meals

- ▣ For the majority of diabetics, eating fruit on an empty stomach isn't great advice. Pairing fruit with a meal or snack is usually a better choice.

So Is There a Best Time to Eat Fruit?

The truth is that any time of the day is a great time to eat fruit. There is no evidence that you should avoid fruit in the afternoon or around meals.

Fruits are healthy, nutritious and weight loss friendly foods that can be eaten throughout the day.

(WITH PHOTO)

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3. VEGETABLES

- ▣ (5 photos)

Vegetables play an important role in human nutrition. Most are low in fat and calories but are bulky and filling. They supply dietary fiber and are important sources of essential vitamins, minerals, and trace elements. Particularly important are the antioxidant vitamins A, C, and E. When vegetables are included in the diet, there is found to be a reduction in the incidence of cancer, stroke, cardiovascular disease, and other chronic ailments.

And among the most healthiest vegetables includes :

- ▣ 1. kale
- ▣ 2. sweet potatoes
- ▣ 3. broccoli
- ▣ 4. eggplant
- ▣ 5. beets roots and leaf
- ▣ 6. asparagus
- ▣ 7. carrots
- ▣ 8. spinach
- ▣ 9. cabbage
- ▣ 10. lettuce
- ▣ 11. tomatoes
- ▣ 12. peppers
- ▣ 13. garlic and onions etc...

(with PHOTOS)

3RD REPORTER

4. WHOLE GRAINS

- ▣ (5 photos)

Whole grains are a source of multiple nutrients and dietary fiber, recommended for children and adults in several daily servings containing a variety of foods that meet whole grain-rich criteria, consumption of whole grains is associated with lower risk of several diseases, including coronary heart disease, stroke, cancer and type 2 diabetes, with lower all-cause mortality Regular whole-grain consumption lowers LDL and triglyceride levels, which contributes to an overall 26% reduction in coronary heart disease-risk factors.

(WITH PHOTOS)

And among the most healthiest whole grains includes :

1. Wheat
 2. Oats
 3. Brown Rice
 4. Rye
 5. Freekeh
 6. Whole-Grain Barley
 7. Buckwheat
 8. Bulgur
 9. Quinoa
 10. Whole-Wheat Couscous
 11. Corn
 12. Millet
 13. Wild rice
- With (photos)

Don't skip breakfast. Eating in the morning — and what you eat — is important for setting your blood-sugar pattern for the rest of the day. "If you eat something that is whole grain and has some fat and protein to it, your blood sugar is going to rise slowly and go down slowly. Calories get burned up no matter when you eat them, so theoretically it's O.K. to eat after dark. But if you eat a heavy dinner, you're not as likely to get rid of those calories before you turn in. An old myths say: Eat breakfast like a king, lunch like a prince and dinner like a pauper."

WITH PHOTOS

5. Nuts

- ▣ (5 photos)

People who eat nuts regularly have better health outcomes. This includes less coronary heart disease (CHD), less cancer, and lower chances of death.

Eating various nuts such as almonds and walnuts can lower serum low density lipoprotein (LDL) concentrations.

Nuts are good sources of fat, fiber and protein. Most of the fat in nuts is monounsaturated fat, as well as omega-6 and omega-3 polyunsaturated fat. However, they do contain some saturated fat.

Nuts also contain a number of vitamins and minerals, including magnesium and vitamin E.

AND AMONG THE MOST HEALTHIEST NUTS INCLUDES :

1. Almonds
2. Pistachios
3. Walnuts
4. Cashews
5. Pecans
6. Macadamia Nuts
7. Brazil Nuts
8. Hazelnuts
9. Peanuts

with (photos)

6. BEEF, CHICKEN AND FISH

- ▣ (3 PHOTOS)

- ▣ **Beef Meat** is animal flesh that is eaten as food that is mainly composed of water, protein, and fat. Consumption of meat has many health benefits such as the elimination of skin diseases, strengthening the immune system, providing long-term energy, building and repairing body tissues and protecting the body from infections, production of hemoglobin, a rich source of protein and other essential amino acids, and more. (with photos)

- ▣ Humans keep chickens primarily as a source of food, consuming both their meat and their eggs. And here are some of its benefits.
 1. Helps build muscles
 2. Keeps your bones healthy
 3. Relieves stress
 4. Reduces Pre Menstrual Syndrome symptoms
 5. Helps boost testosterone levels
 6. Boosts immunity
 7. Promotes heart health (with photos)

- ▣ Fish is filled with **omega-3 fatty acids** and **vitamins** such as **D** and **B2 (riboflavin)**. Fish is rich in **calcium** and **phosphorus** and a great source of minerals, such as **iron, zinc, iodine, magnesium, and potassium**. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. **It May Lower Your Risk of Heart Attacks and Strokes due to the Nutrients that it contains That Are Crucial During Development. Fish May Increase Grey Matter in the Brain and Protect it From Age-Related Deterioration. It May Help Prevent and Treat Depression, Making You a Happier Person and Is The Only Good Dietary Source of Vitamin D. Fish Consumption Is Linked to Reduced Risk of Autoimmune Diseases, Including Type 1 Diabetes and May Help Prevent Asthma in Children, Protect Your Vision in Old Age, Improve Sleep Quality and OF COURSE Is Delicious and Easy to Prepare**

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