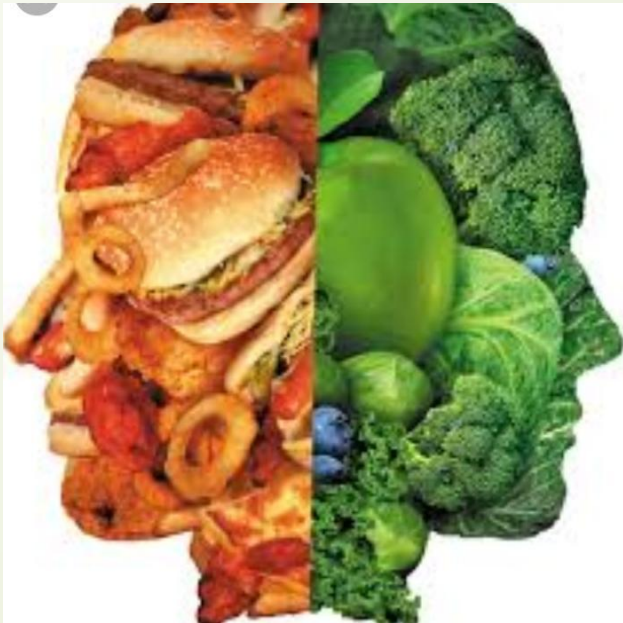# PRESENTATION

# Healthy food

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# Healthy food

- **Health food** is food marketed to provide human health effects beyond a normal healthy diet required for human nutrition. Foods marketed as health foods may be part of one or more categories, such as natural foods, organic foods, whole foods, vegetarian foods or dietary supplements.

## Benefits of Healthy Eating

- Helps us grow and develop properly
- Helps to reduce the risk of developing diseases
- like heart disease, diabetes, obesity and cancer
- Helps us to look, feel and perform better

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone

# Important to be consumed in order to get vitamins and potassium
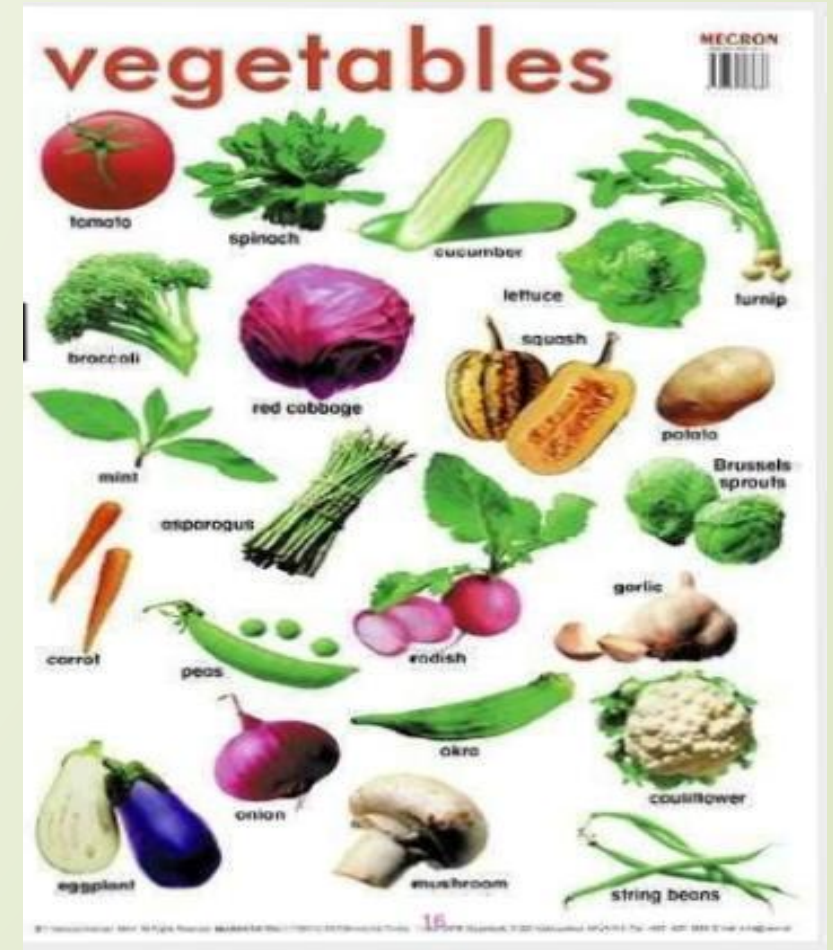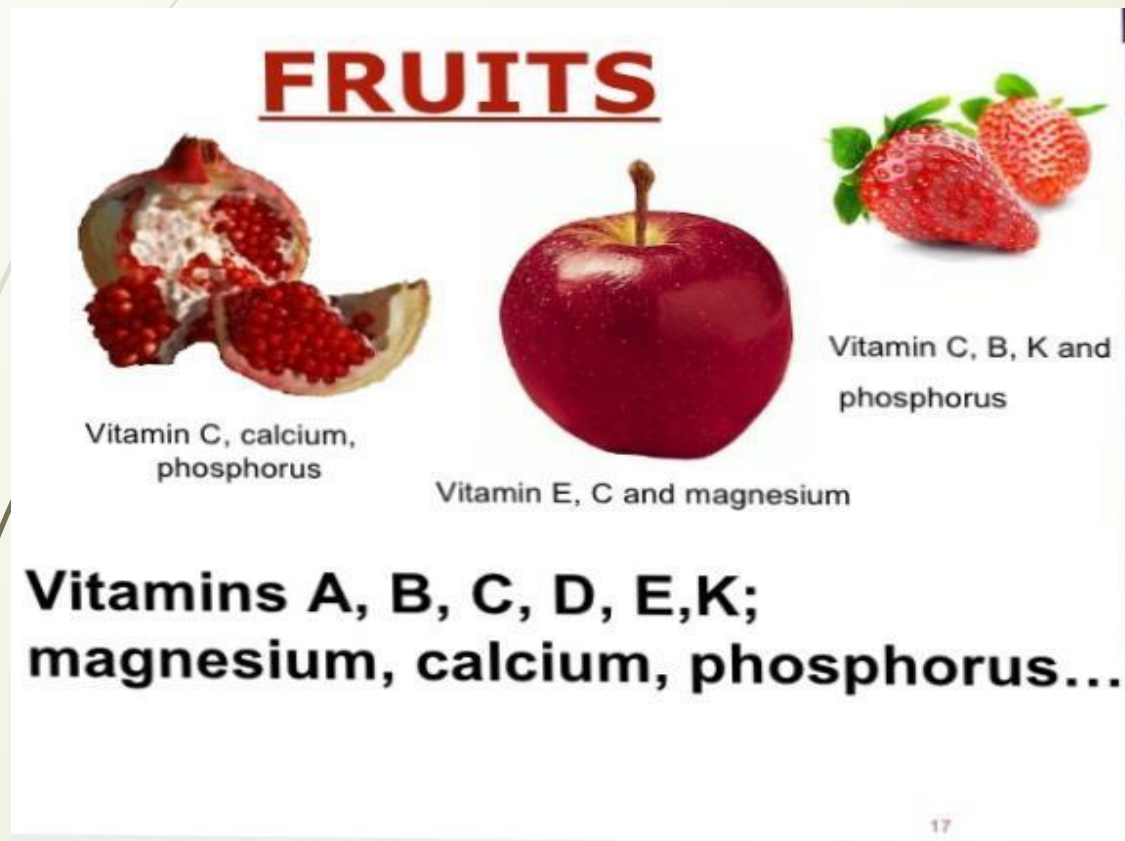
## NUTS&SEEDS

Consume for getting manganese, magnesium and vitamin E.

Omega 3

Calcium, magnesium potassium

Vitamins A, B, C, D, K and omega 3

## GRAINS

Important for getting vitamin B1, C, manganese and folate.

Vitamins B1, B3, B5, C and folate

Sodium, magnesium, potassium

## SEAFOOD

seabass

shrimps

lobster

mussel

Critical to get essential omega 3 needs of the organism.

## POULTRY& LEAN MEATS

Important part of protein need of the organism.

# 'Big picture strategies' To help you

1. Enough calories
2. Variety of foods
3. Moderate portions
4. Fruits, vegetables,grains,and legumes
5. Water
6. Limit sugary foods, salt, and refined-grain products
7. Don't be the food police
8. Get moving

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# *Healthy food has many benefits to humans:*

- providing the body with the necessary energy, which enables him to exercise all his activities to the fullest.

- Build and renew body cells by eating high-protein foods.

- Strengthen and build human bones by eating foods that contain calcium.

- Protect your body from the risk of getting cancer, by eating foods containing antioxidants.

- The growth of the body and building it correctly and sound.Enjoy healthy weight and ideal weight, and avoid exposure to excessive aging caused by eating unhealthy foods.

# The Raw Food Pyramid

Medicinal Foods: Eat Sparingly — Sea Weed, Nutritional Yeast

Herbs, Microgreens & Juicing Grasses

Protieins & Amino Acids: Eat Moderately — Nuts & Seeds

Sprouts & Legumes

Foundation Foods: Eat Generously — Fruits & Vegetables

Leafy Greens

Water