

An Easy Guide to Good Nutrition

- It is SIMPLE
- It is EASY to understand
- NO technical jargons
- You CAN do it!

Why care about Nutrition?

Nutrition serves the following important functions :

1. Supplies the components necessary to build tissues
2. Helps to repair tissues as they wear out and die
3. Keeps the body in good working condition
4. Supplies fuel for energy

Nutrition Components

3 major groups :

- Proteins
- Carbohydrates
- Fats

Other important components :

- Vitamins
- Minerals
- Water

Principles of Good Nutrition

1. Yin Yang in Harmony (Balance)
2. Variety, Variety, Variety
3. Moderation

1. Balance

We need a good balance of the 3 main groups of nutrition, ie carbohydrates, proteins and fats to stay healthy. Vitamins, minerals and water should also be taken in the right amounts.

The general guideline for our caloric intakes is:

- 15% to 20% from proteins
- 15% to 30% from fats
- 50% to 85% from carbohydrates



Source: Wikipedia

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2. Variety

- Every food or food group has its own unique nutritional values
- Only a good mix of the various food groups will give you the complete essential nutritional needs
- A wide variety of food groups helps to complement each other in nutrients

3. Moderation

- Too much of any particular food can result in unbalanced nutritional intakes, causing excess weight and too much of certain nutrients
- On the other hand, too little of any particular food can lead to certain nutritional deficiencies
- Taking food in moderate amounts helps to prevent any imbalance

Complications of Poor Nutrition

Common diseases related to nutritional imbalance:

- Heart disease
- Cancer
- Stroke
- Diabetes
- Osteoporosis
- Many others...

“Let food be your medicine and medicine be your food”

Hippocrates, 400 B.C.

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