

Wellness

CAMPUS

MODULE 2 GLOW FOODS



GLOW FOODS

Glow foods contain many **vitamins** and **minerals** that our bodies need to make our skin, eyes and hair healthy.



GLOW FOODS

Glow foods contain many **vitamins** and **minerals** that our bodies need to make our skin, eyes and hair healthy.

These vitamins and minerals also help our bodies to prevent sickness, like colds and cough.



GLOW FOODS

According to the **Pinggang Pinoy**[®] guide, approximately half of our plate should consist of fruits and vegetables.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

- We may get tired easily.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

- We may get tired easily.
- We may catch colds and cough easily.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

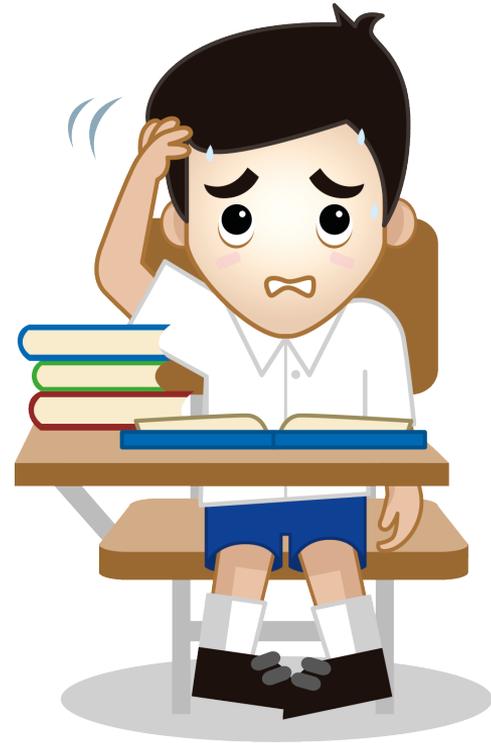
- We may get tired easily.
- We may catch colds and cough easily.
- Our skin and nails may look pale.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

- We may get tired easily.
- We may catch colds and cough easily.
- Our skin and nails may look pale.
- We might have trouble concentrating in school.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

- We may get tired easily.
- We may catch colds and cough easily.
- Our skin and nails may look pale.
- We might have trouble concentrating in school.
- We might have trouble moving our bowels.



GLOW FOODS

If we do not get enough Glow foods, we will lack vitamins, minerals, and fiber which may lead to the following...

- We may get tired easily.
- We may catch colds and cough easily.
- Our skin and nails may look pale.
- We might have trouble concentrating in school.
- We might have trouble moving our bowels.
- We might have poor eyesight.

