

Wellness

CAMPUS

MODULE 3 GROW FOODS



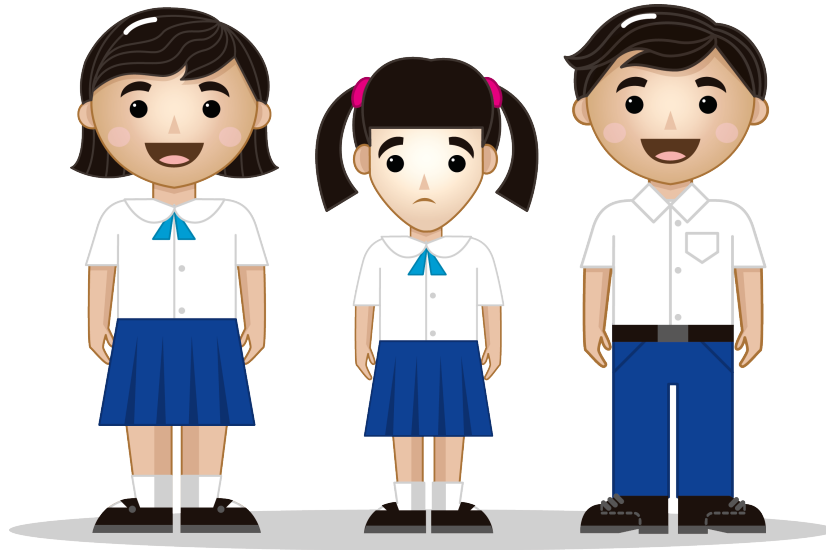
GROW FOODS

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- poor wound healing



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- brittle hair and nails



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- stunted growth
- poor wound healing
- brittle hair and nails
- poor muscle development



GROW FOODS

Eating the right amount of Grow foods in each meal can help prevent these health concerns:

- stunted growth
- poor wound healing
- brittle hair and nails
- poor muscle development
- weak immunity



MICRONUTRIENT DEFICIENCIES

Other micronutrient deficiencies associated with a lack of Grow foods are...

- iron deficiency anemia
- zinc deficiency
- iodine deficiency disorder
- vitamins A, B, E and K deficiency

IRON DEFICIENCY ANEMIA

FUNCTIONS OF IRON

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- Iron is found in the blood which helps transport oxygen.

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- Low iron results in low hemoglobin concentration in the blood.
- Hemoglobin is the component in blood that carries oxygen throughout the body for energy metabolism.

SIGNS & SYMPTOMS OF IRON DEFICIENCY

SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue



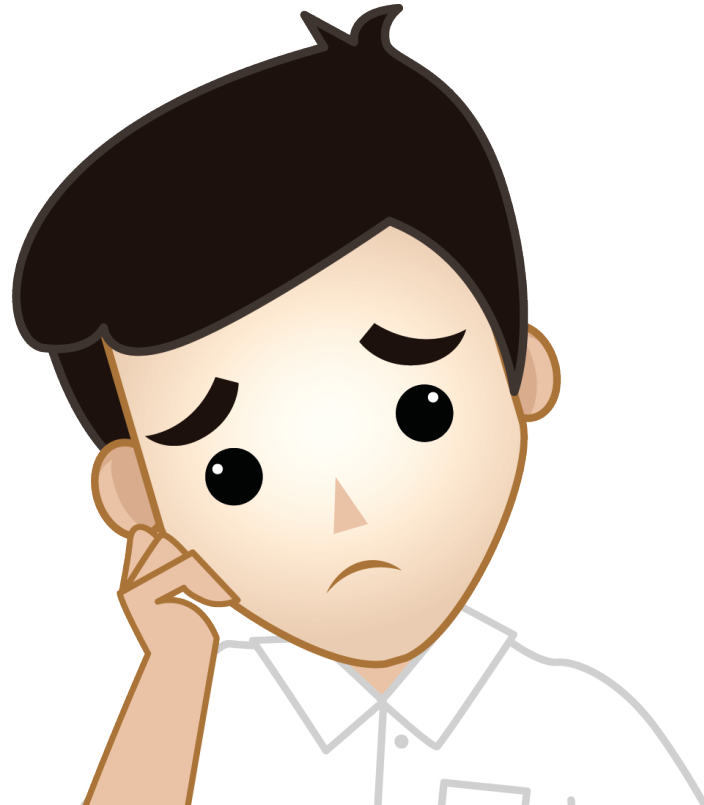
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin



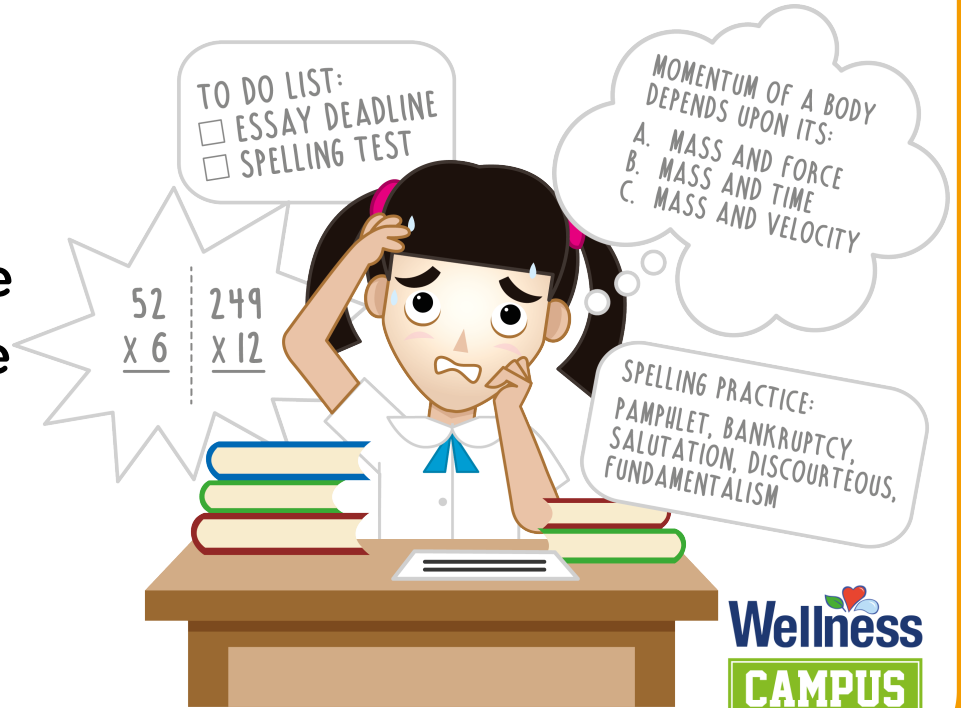
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance



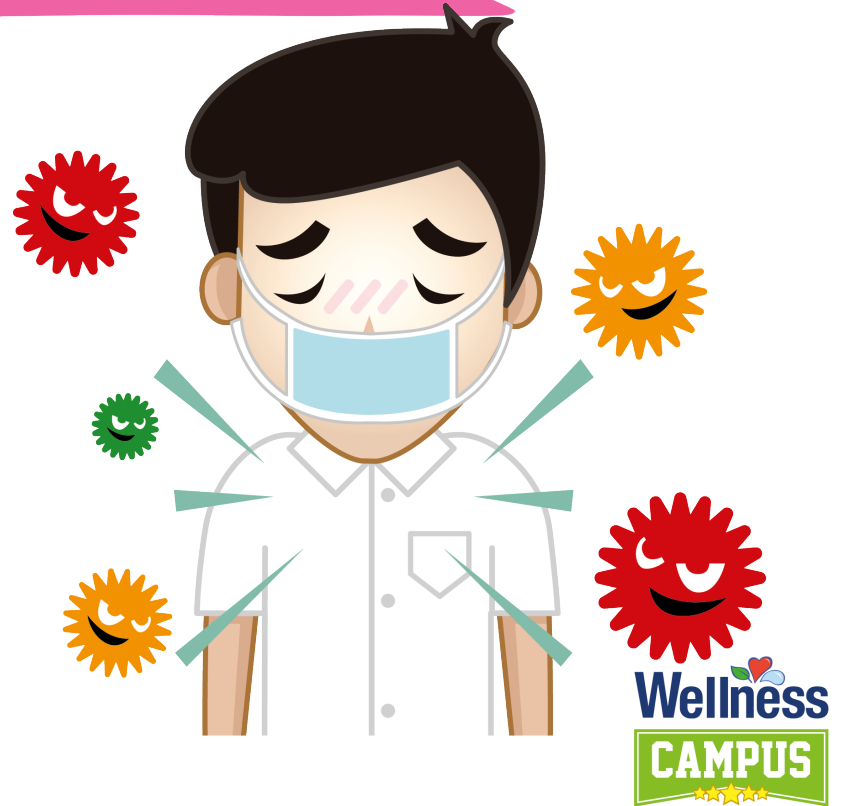
SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance
- impaired work performance



SIGNS & SYMPTOMS OF IRON DEFICIENCY

- fatigue
- weakness
- pale skin
- poor cognitive performance
- impaired work performance
- weak resistance to infectious diseases



SIGNIFICANT SOURCES OF IRON

- red meats
- liver
- poultry
- fish
- shellfish
- legumes



ZINC DEFICIENCY

FUNCTIONS OF ZINC

FUNCTIONS OF ZINC

- normal taste



FUNCTIONS OF ZINC

- normal taste
- wound healing



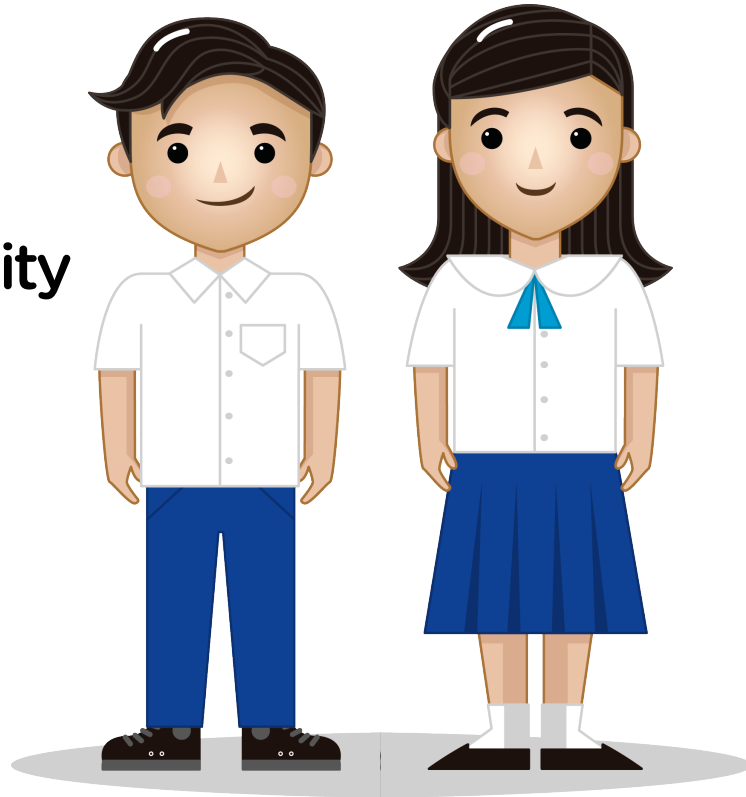
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity



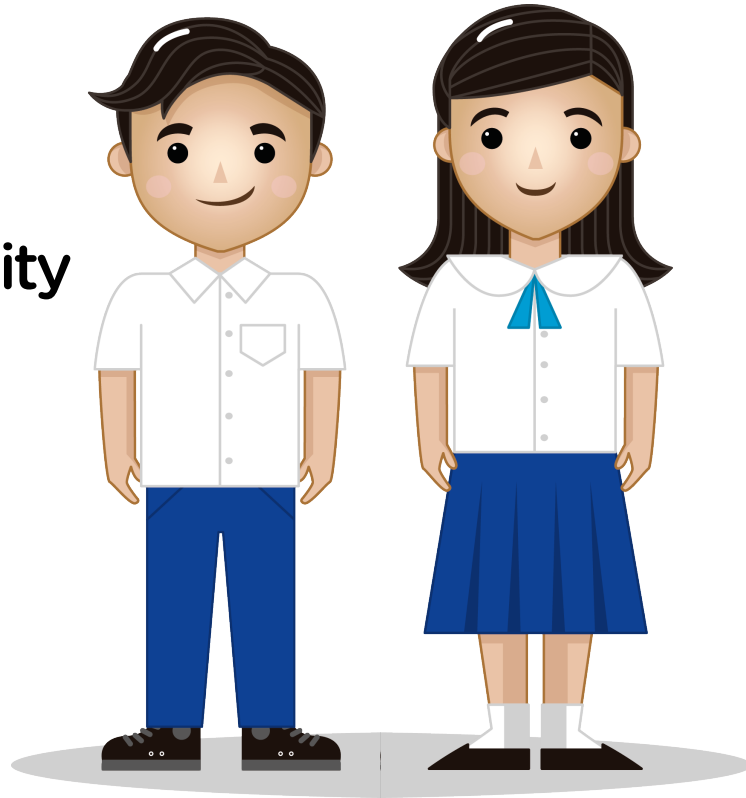
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation



FUNCTIONS OF ZINC

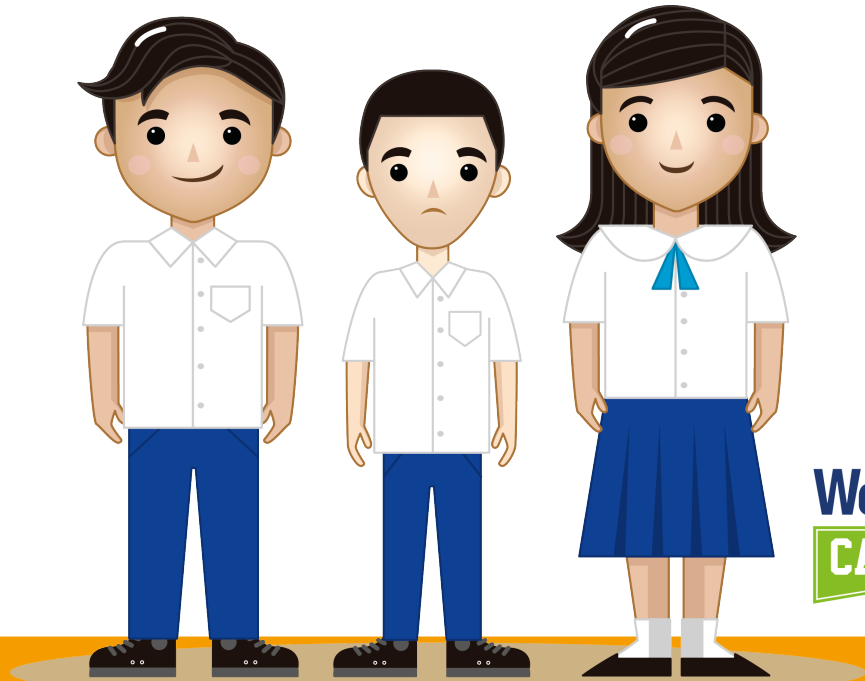
- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation
- sperm production



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

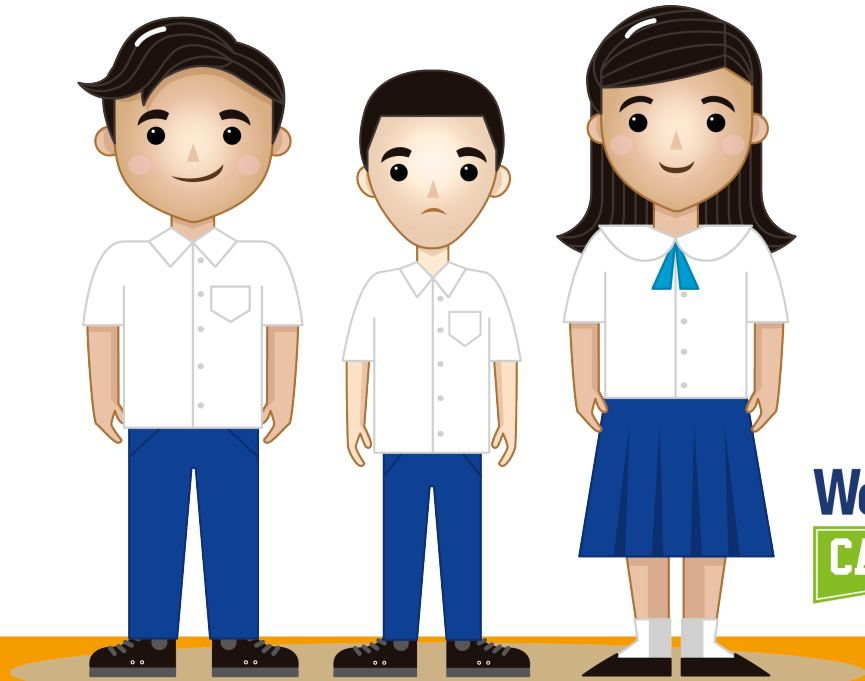
SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

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SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
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- hair loss



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases
- hair loss
- eye and skin lesions



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

- stunted growth
- delayed maturation of sexual organs
- weak resistance to infectious diseases
- hair loss
- eye and skin lesions
- poor appetite



SIGNS & SYMPTOMS OF ZINC DEFICIENCY

Chronic zinc deficiency and may lead to poor motor development and cognitive performance.



SIGNIFICANT SOURCES OF ZINC

- seafood (oyster and crab)
- beef
- milk and dairy products (yogurt, cheese)
- whole grains

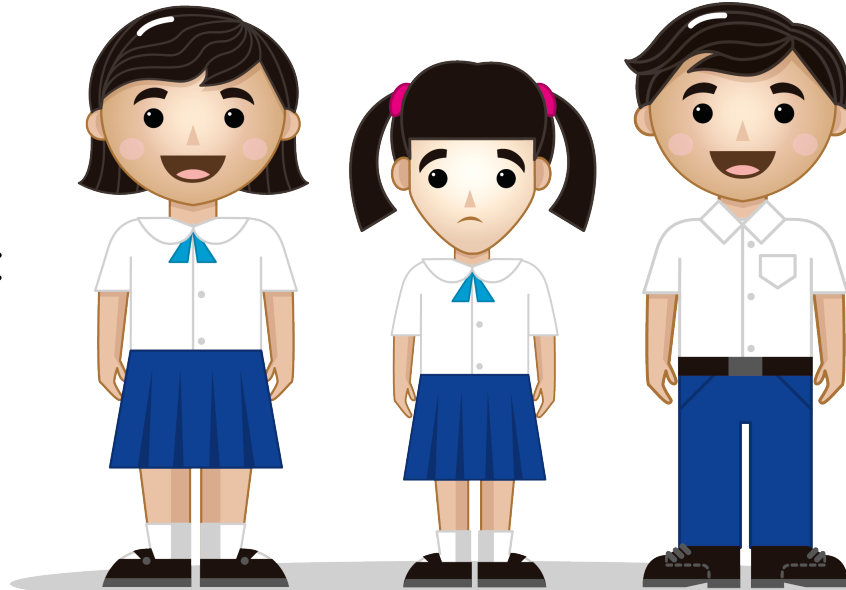


IODINE DEFICIENCY DISORDER

FUNCTIONS OF IODINE

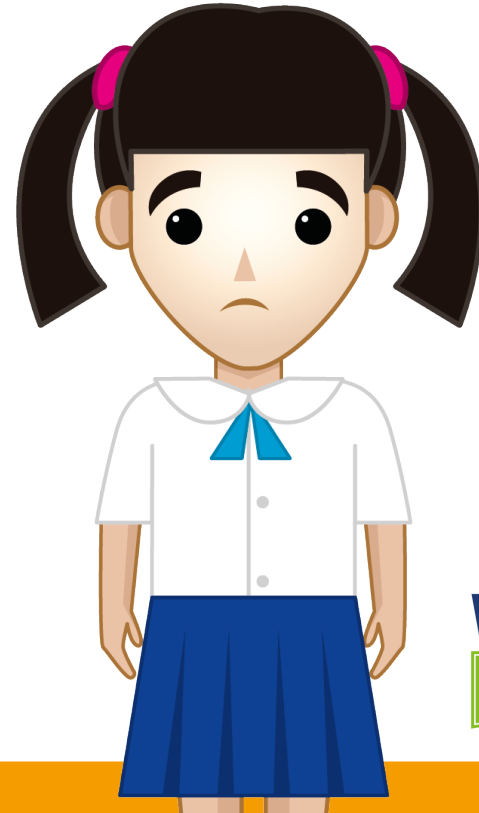
FUNCTIONS OF IODINE

- component of thyroid hormones which help regulate growth, development and metabolism



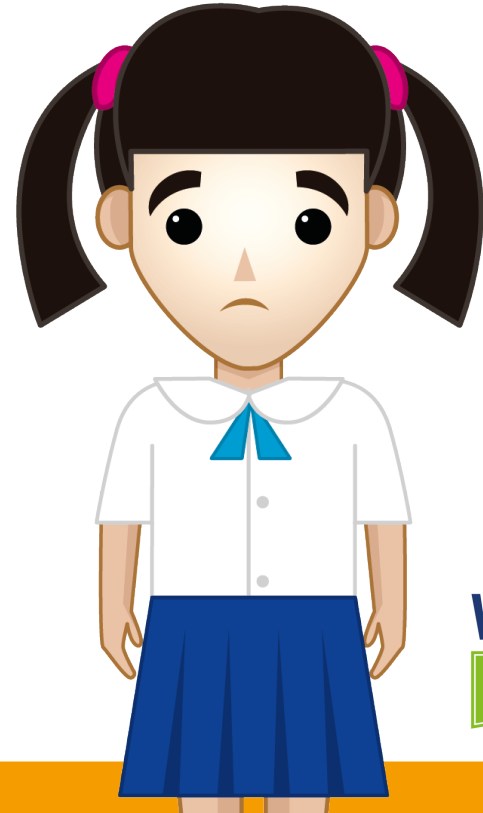
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

- enlargement of the thyroid gland (goiter)



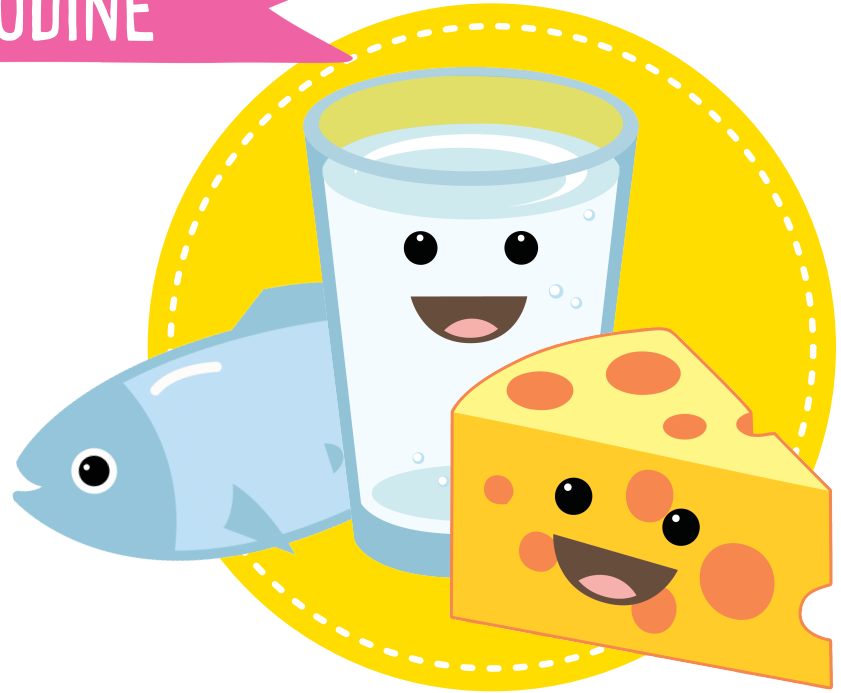
SIGNS & SYMPTOMS OF IODINE DEFICIENCY

- enlargement of the thyroid gland (goiter)
- mental and physical retardation among infants and children



SIGNIFICANT SOURCES OF IODINE

- iodized salt
- seafood
- dairy products



VITAMIN A DEFICIENCY

FUNCTIONS OF VITAMIN A

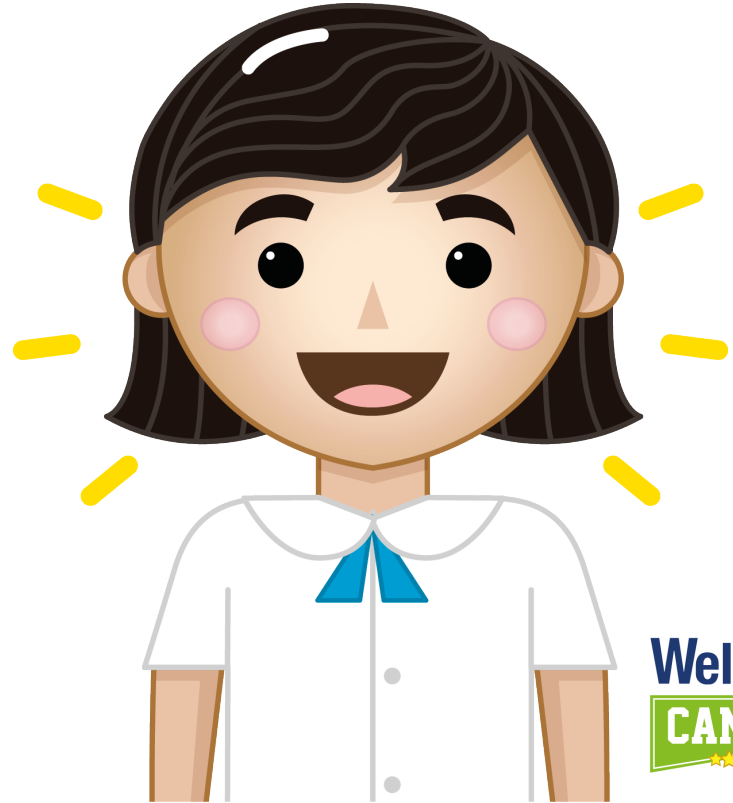
FUNCTIONS OF VITAMIN A

- maintains clear vision



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth
- strengthens immunity



SIGNS & SYMPTOMS OF VIT. A DEFICIENCY

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- **night blindness (slow recovery of vision after flashes of bright light at night or inability to see in dim light)**



SIGNS & SYMPTOMS OF VIT. A DEFICIENCY

- night blindness (slow recovery of vision after flashes of bright light at night or inability to see in dim light)
- weak resistance to infectious diseases



SIGNIFICANT SOURCES OF VITAMIN A

- fortified milk
- cheese
- eggs
- liver



VITAMIN B DEFICIENCY

FUNCTIONS OF VITAMIN B (B1, B2, B3, B6 & B6)

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- helps in energy metabolism



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- **swollen tongue**



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
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- poor appetite



SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite
- fatigue



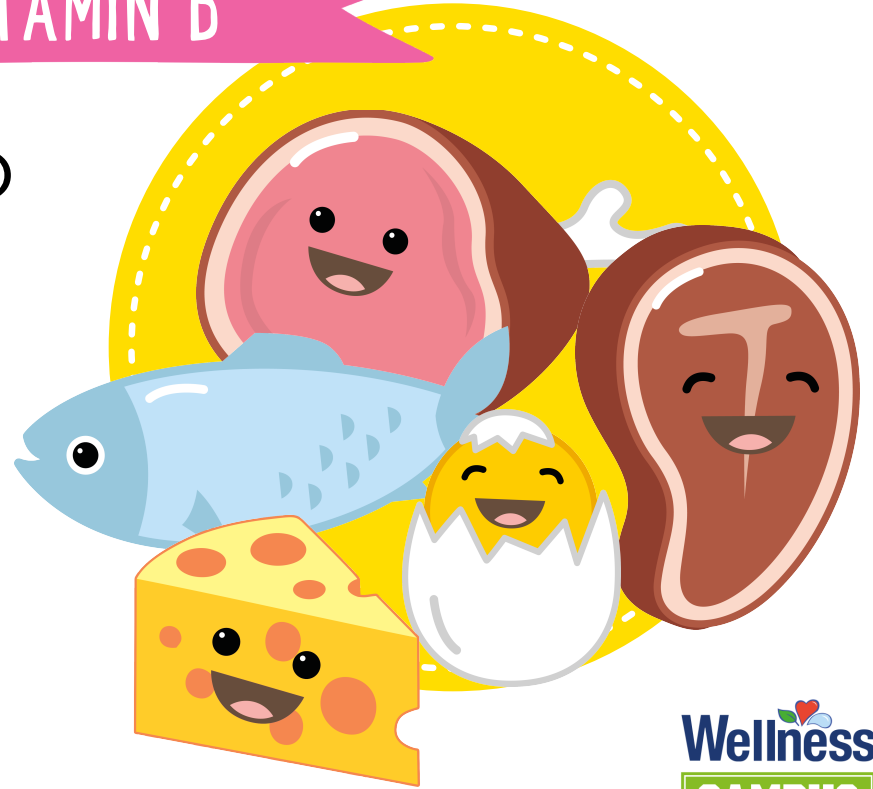
SIGNS & SYMPTOMS OF VIT. B DEFICIENCY

- swollen tongue
- irritated or inflamed corners of the mouth
- poor appetite
- fatigue
- weakness



SIGNIFICANT SOURCES OF VITAMIN B

- milk products (yogurt, cheese)
- liver
- eggs
- meat
- poultry
- fish

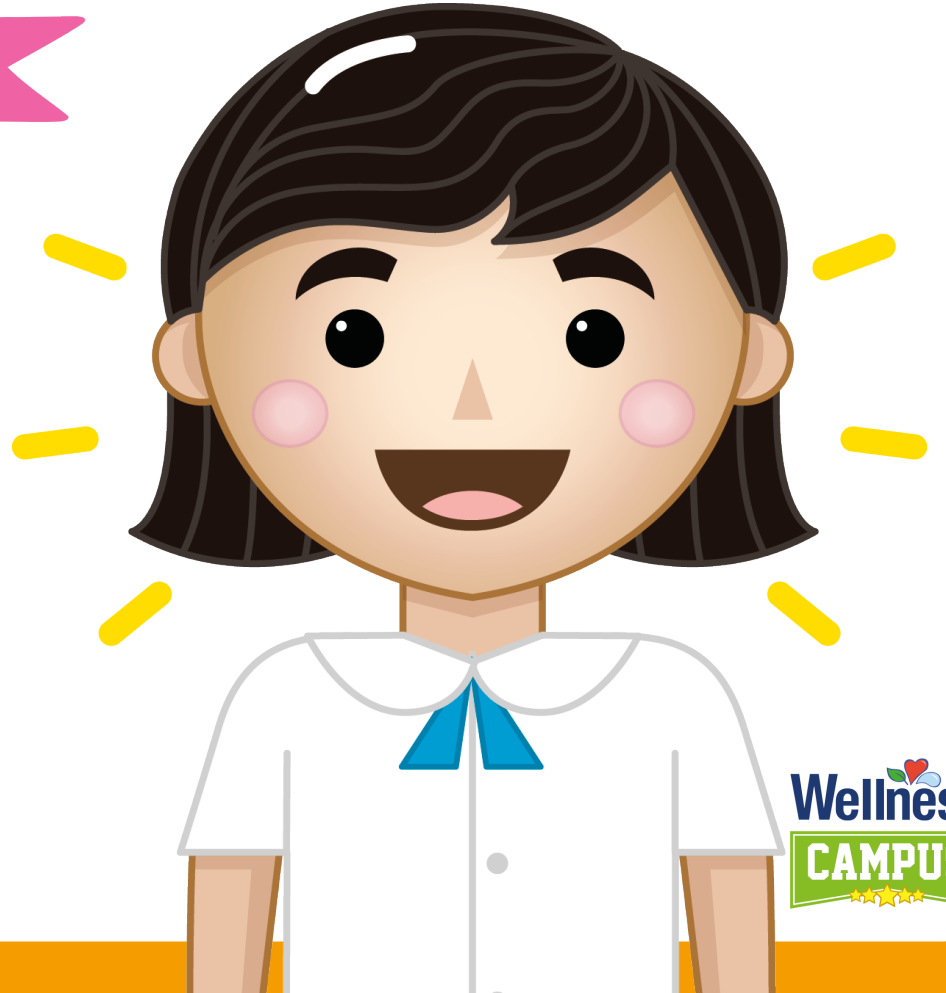


VITAMIN E DEFICIENCY

FUNCTIONS OF VITAMIN E

FUNCTIONS OF VITAMIN E

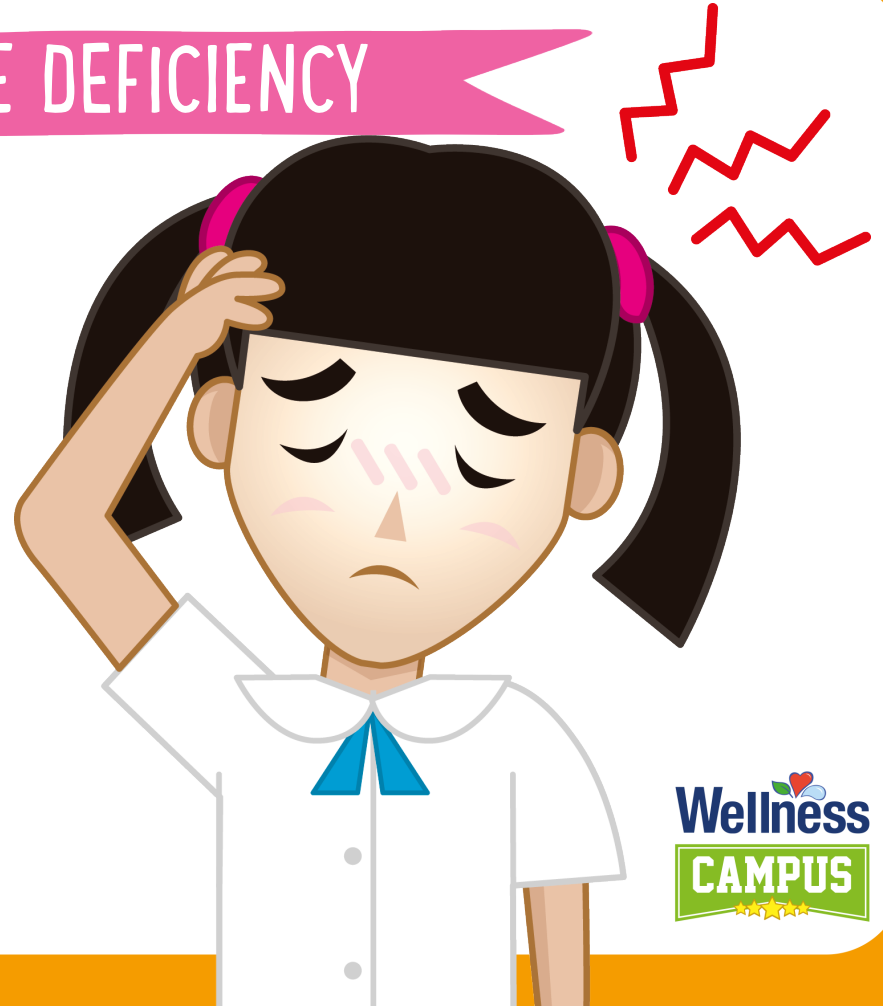
- antioxidant (a substance that prevents or delays some types of cell damage)



SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

SIGNS & SYMPTOMS OF VIT. E DEFICIENCY

Vitamin E deficiency is uncommon but deficiency can cause a type of anemia.



SIGNIFICANT SOURCES OF VITAMIN E

- liver
- egg yolks



VITAMIN K DEFICIENCY

FUNCTIONS OF VITAMIN K

FUNCTIONS OF VITAMIN K

- aids in blood clotting



SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

SIGNS & SYMPTOMS OF VIT. K DEFICIENCY

- hemorrhage
(excessive bleeding)



SIGNIFICANT SOURCES OF VITAMIN K

- liver
- milk

