

Wellness

CAMPUS



## MODULE 2 GLOW FOODS



## PART 1

The following are some micronutrients found in Glow foods and their functions in the body.

# VITAMIN A

# FUNCTIONS OF VITAMIN A

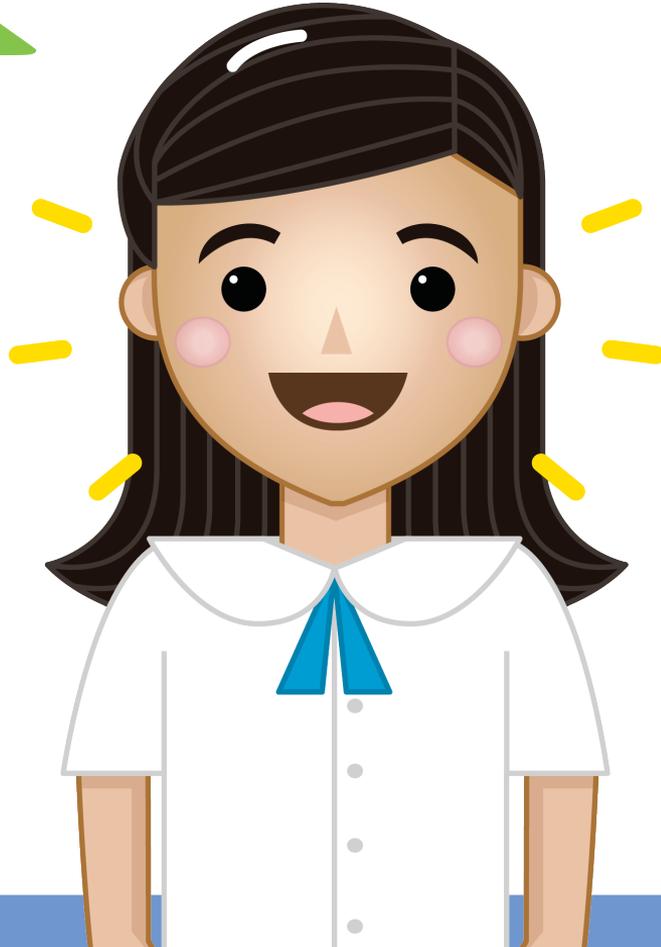
# FUNCTIONS OF VITAMIN A

- maintains clear vision



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- maintains clear vision
- keeps skin smooth



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- 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



# SIGNIFICANT PLANT SOURCES OF VITAMIN A

- spinach, malunggay, pechay and other dark leafy greens
- broccoli
- yellow and deep orange fruits like papaya
- orange vegetables like squash and carrots



# VITAMIN C

# FUNCTIONS OF VITAMIN C

# FUNCTIONS OF VITAMIN C

- supports wound healing



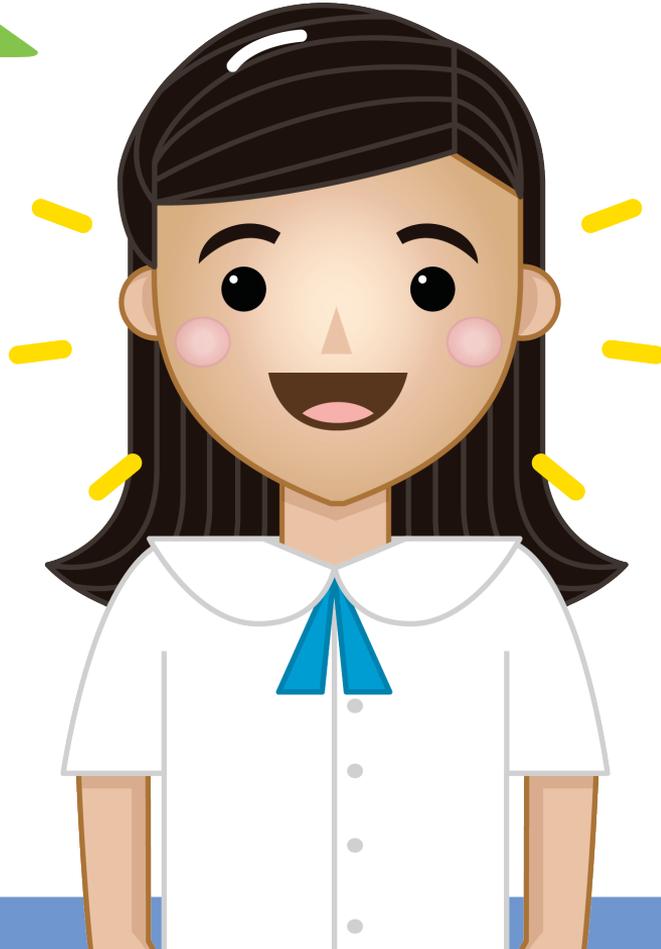
# FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity



# FUNCTIONS OF VITAMIN C

- supports wound healing
- strengthens immunity
- an antioxidant (a substance that prevents or delays some types of cell damage)



# SIGNIFICANT PLANT SOURCES OF VITAMIN C

- citrus fruits
- bell peppers
- melon
- tomatoes
- papayas
- mangoes

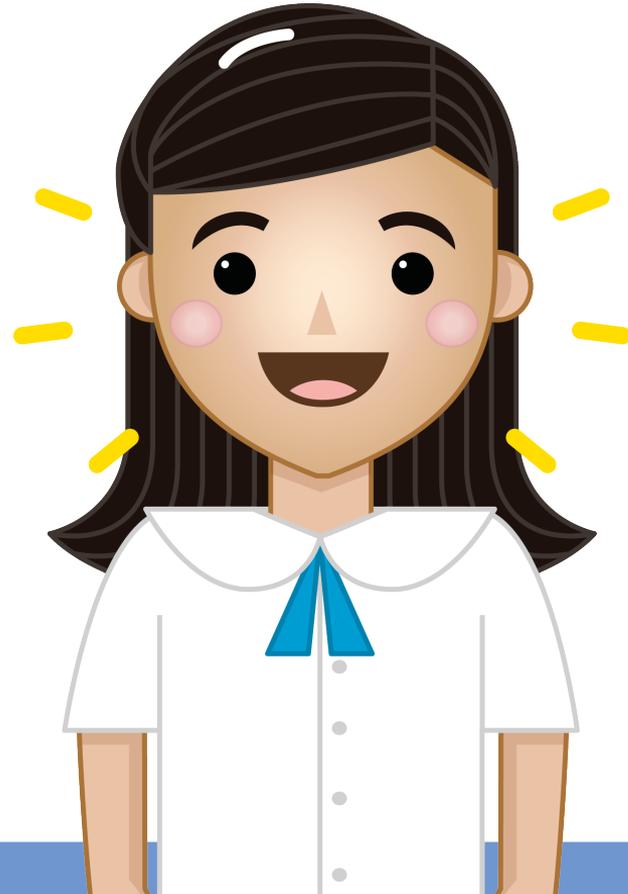


# VITAMIN E

# FUNCTIONS OF VITAMIN E

# FUNCTION OF VITAMIN E

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



# SIGNIFICANT PLANT SOURCES OF VITAMIN E

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay

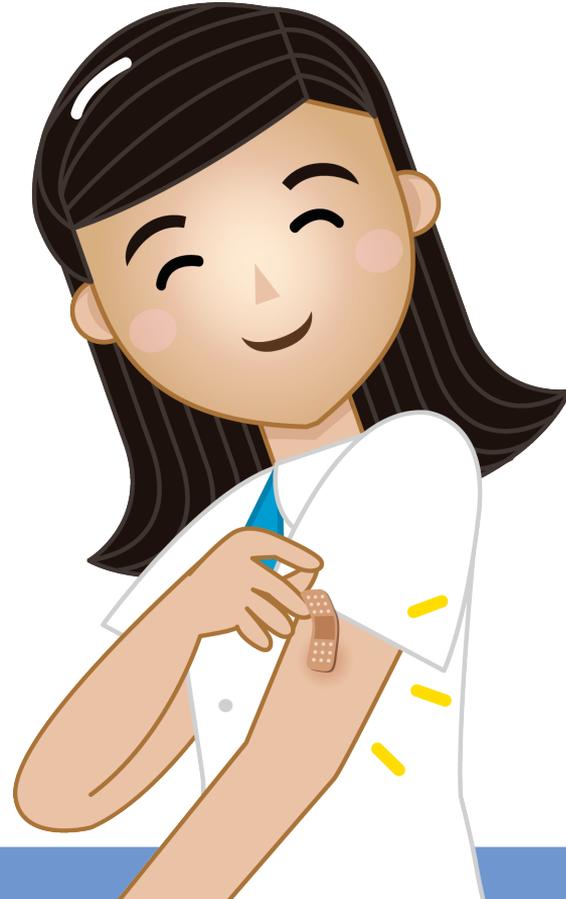


# VITAMIN K

# FUNCTION OF VITAMIN K

# FUNCTION OF VITAMIN K

- aids in blood clotting



# SIGNIFICANT PLANT SOURCES OF VITAMIN K

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



# IRON

# FUNCTIONS OF IRON

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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.

# SIGNIFICANT PLANT SOURCES OF IRON

- ampalaya
- leafy green vegetables such as pechay, kangkong and malunggay



## GLOW FOODS

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**Fruits and vegetables also contain fiber that has even more health benefits.**

**Fiber lowers cholesterol, lowers blood sugar levels (beneficial for those who have diabetes) and regulates bowel movement.**

## PART 2

One way to make good nutritional decisions is to be aware of fallacies related to Glow foods.

## FACT OR MYTH?

**All children and adolescents should take vitamin and mineral supplements.**

**Fact**

**Myth**

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**All children and adolescents should take vitamin and mineral supplements.**

**Fact**

**Myth**

Although commercial vitamin and mineral supplements contain what we need for good health, food contains even more. Eating a balanced diet that consists of a variety of foods is more likely to supply the necessary nutrients for growth

## FACT OR MYTH?

All children and adolescents should take vitamin and mineral supplements.

Fact

Myth

and repair than a vitamin preparation. Excess vitamin intake can actually be detrimental to health.

## FACT OR MYTH?

**A person needs stress vitamins when undergoing emotional stress.**

**Fact**

**Myth**

## FACT OR MYTH?

**A person needs stress vitamins when undergoing emotional stress.**

**Fact**

**Myth**

Emotional stress does not mean you need more nutrients. Claims which state that vitamin supplements relieve stress are misleading. Physical stress that comes with recovery from illness, surgery, or injury, however, may benefit from physician-prescribed supplements.

## FACT OR MYTH?

**Organic fruits and vegetable are healthier than conventionally grown produce.**

**Fact**

**Myth**

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**Organic fruits and vegetable are healthier than conventionally grown produce.**

**Fact**

**Myth**

The United States Department of Agriculture (USDA) defines organic food as food that is produced by farmers who emphasize the use of renewable resources, and conservation of soil and water, to enhance environmental



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**Organic fruits and vegetable are healthier than conventionally grown produce.**

**Fact**

**Myth**

quality. Fruits and vegetables that are organically produced are free from hormones, herbicides, pesticides, antibiotics and synthetic fertilizers. The USDA has released no statements on organic food being healthier than non-organic



## FACT OR MYTH?

**Organic fruits and vegetable are healthier than conventionally grown produce.**

**Fact**

**Myth**

food items. Several studies have also reported that there is no evidence to support the common notion that organic has better nutrient quality than non-organic food.

## FACT OR MYTH?

**Vitamin (and mineral) supplements can make you fat.**

**Fact**

**Myth**

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**Vitamin (and mineral) supplements can make you fat.**

**Fact**

**Myth**

A person gains weight when his calorie intake is consistently higher than the amount of calories he or she burns, such as in the case of a person with a sedentary (i.e. inactive) lifestyle. Vitamins and minerals do not contain calories.

## FACT OR MYTH?

**Vitamin (and mineral) supplements can make you fat.**

**Fact**

**Myth**

Deficiency in some vitamins and minerals such as vitamin B1, vitamin B12 and zinc, however, can negatively impact one's appetite and thus, supplements may help to return one's appetite to its normal state.

## FACT OR MYTH?

**Antioxidant prevents cell damage which can result to sickness.**

**Fact**

**Myth**

## FACT OR MYTH?

**Antioxidant prevents cell damage which can result to sickness.**

**Fact**

**Myth**

Free radicals are molecules that can come from radiation, smoking and other pollutants. Excessive free radicals in the body can lead to cell damage, which in turn leads to diseases including cancer, diabetes, heart disease and cataracts. It can also lead to premature aging.

## FACT OR MYTH?

**Antioxidant prevents cell damage which can result to sickness.**

**Fact**

**Myth**

Antioxidants are compounds that prevent cells from being destroyed by free radicals. Vitamins with antioxidant benefits include vitamin A, vitamin C and vitamin E.

## FACT OR MYTH?

Supplements can make you grow taller.

Fact

Myth

## FACT OR MYTH?

**Supplements can make you grow taller.**

**Fact**

**Myth**

A person's height potential is primarily based on genetics. However, a person can maximize this height potential through adequate nutrition coupled with sufficient sleep.

## FACT OR MYTH?

**Supplements can make you grow taller.**

**Fact**

**Myth**

Our bones are mainly composed of minerals such as calcium, phosphorus and magnesium, so getting all of these nutrients from milk and dairy products can help you reach your height potential.

## FACT OR MYTH?

**Supplements can make you grow taller.**

**Fact**

**Myth**

Zinc is also important, because it makes the bones stronger, while protein keeps the minerals together. Sufficient sleep is important because the hormone to induce growth is highly produced during this period. Generally, it is recommended that individuals get at least eight hours of sleep every night.