

Wellness

CAMPUS



MODULE 4 GO FOODS



PART 1



GO FOODS

Go foods are also called energy-giving foods.

They contain **carbohydrates** and **fats** that give our bodies the energy we need to meet the demands of our more active lifestyles.



GO FOODS

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For example:

Potato chips, cake, *pansit* and *kamote* are all energy-providing snacks, but *kamote* also has vitamins for good eyesight and *pancit* has vegetables for added vitamins and minerals.



GO FOODS

We should choose Go foods that not only give energy, but contain additional vitamins, minerals and fiber.

For example:

We can eat white rice or brown rice during meals, but brown rice contains more fiber, which helps us to feel full.

Fiber helps in regular bowel movement.



GO FOODS

We should choose Go foods that not only give energy, but contain additional vitamins, minerals and fiber.

For example:

We should also go for whole grain products such as oatmeal and corn on the cob, which contain fiber, vitamins and minerals.



PART 2

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

FACT OR MYTH?

Which most likely can cause tooth decay (dental caries): hard candy or sticky dried fruit?

Fact

Myth

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Fact

Myth

Bacteria in the mouth break down carbohydrates, producing acids that erode the outer covering of teeth. Sticky food that stays on the teeth for a prolonged period yields more acids because the bacteria has more access to

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break down the carbohydrates compared to food that is readily cleared from the mouth. For that reason, sugar in hard candy is less likely to cause tooth decay than sugar in sticky dried fruit. For healthy teeth, both good eating habits and dental hygiene are essential.

FACT OR MYTH?

To be healthy, all fats must be eliminated from the diet.

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Fats should be limited in one's diet to reduce calories, however, not all fats should be eliminated. Essential fats are omega-3 and omega-6 fats. Omega-3 fats help in keeping the heart healthy and is required for brain development in infants and toddlers.

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Omega-3 fats can be found in fatty fish (e.g. milkfish, sardines, salmon, tuna), soybean oil, canola oil and walnuts. Omega-6 fats are also needed for growth and can be found in corn oil, sunflower oil and chicken fat.

FACT OR MYTH?

Starchy foods, such as rice and bread, are fattening.

Fact

Myth

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Fact

Myth

No single food is fattening. Evidence strongly suggests that dietary and activity patterns are the primary causes of obesity. What causes weight gain is consuming more calories than what is required, coupled by low physical activity.

FACT OR MYTH?

Whole grain is different from multi-grain.

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The term 'whole grain' means that all parts of the grain - the bran, endosperm and germ - are intact in that food item. 'Multi-grain' is not synonymous to whole grain; the term only denotes that the food item contains different types of grain, but may not necessarily be 'whole grain.'

FACT OR MYTH?

Whole grain is different from multi-grain.

Fact

Myth

Whole grain is beneficial to health due to the combination of all its edible components. The bran is the outer protective shell of the grain that contains fiber and some B-vitamins. The endosperm is the inner fleshy part of the grain that provides energy mostly from carbohydrates.

FACT OR MYTH?

Whole grain is different from multi-grain.

Fact

Myth

The germ contains some fats, antioxidants and vitamin E. Examples of whole grains include: oatmeal, brown rice, and corn on the cob. Whole grains aid in weight management and reduce one's risk of developing diabetes and heart disease.

GO FOODS

We should do our part to promote healthier eating habits among family members, friends and others in our community. Encourage others to eat proteins from different sources in the right proportions each day.

