

Healthy Life-Healthy Mind

Nutrition is the process of providing or obtaining the food necessary for health and growth.

It's important to have good nutrition for obvious reasons; improve energy level, improve your immune system, reduce high blood pressure, reduce the risk of some diseases, and more.

Here are 5 tips to improve your wellbeing right away:

1. Drink plenty of water. It's important to stay hydrated.
2. Eat plenty of vegetables every day.
3. Eat whole grains.
4. Eat plenty of fruit. Fruits are full of antioxidants which are good for fighting against free radicals.
5. Choose lean meats. They have less fat and fewer calories.

Check The Facts

Its always important to read the labels in food.

Many people don't really care about those details in the packaging but it can help to make sure to have a balanced diet. Learning to pay attention to nutrition facts is wise to making healthy decisions.

Supplement Facts			Amount Per Serving	
Serving Size 1 tablet			Amount Per Serving	% Daily Value
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Vitamin A (50% as beta carotene)	3500 IU	70%	Calcium	200 mg 20%
Vitamin C	60 mg	100%	Iron	18 mg 100%
Vitamin D	400 IU	100%	Phosphorus	20 mg 2%
Vitamin E	30 IU	100%	Iodine	150 mcg 100%
Thiamin	1.5 mg	100%	Magnesium	50 mg 13%
Riboflavin	1.7 mg	100%	Zinc	11 mg 73%
Niacin	20 mg	100%	Selenium	55 mcg 79%
Vitamin B6	2 mg	100%	Chromium	35 mcg 29%
Folic Acid	400 mcg	100%	Chloride	72 mg 2%
Vitamin B12	6 mcg	100%	Potassium	80 mg 2%
Biotin	30 mcg	10%	Boron	75 mcg †
Pantothenic Acid	10 mg	100%	Vanadium	10 mcg †
			Silicon	2 mcg †

†Daily Value not established.

Informational sites:

- www.hhs.gov
- <https://www.mayoclinic.com>
- <https://nutritionfacts.org>
- www.health.harvard.edu

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Nutrition



You are what you eat

The importance of eating healthier

What is obesity?

Obesity means having excess adipose tissue or having too much body fat. It can affect anyone and is the leading cause of United States mortality. Although obesity can occur to anyone, it can affect some groups more than others.

According to this article: Journal of American Medicine(JAMA):

- Non-Hispanic blacks have the highest age-adjusted rates of obesity (48.1%) followed by Hispanics (42.5%), non-Hispanic whites (34.5%) and non-Hispanic Asians (11.7%). Obesity is higher among middle age adults age 40-59 years (40.2%) and older adults age 60 and over (37.0%) than among younger adults age 20-39 (32.3%).

Despite your race or age obesity isn't something for anyone to tolerate or conform with. You can combat obesity with a proper diet and active lifestyle.

Exercise + Nutrition= Longevity

Not only it's important to eat healthy, but being physically active as well. Combining a healthy diet and exercise can help lengthen a person's life.

When combining both factors you can assure to notice results faster in feeling better and maintain a healthy weight. The results would also be long term when modifying your lifestyle for the better.

In general people usually don't stick to eating healthy due to reasons like lack of time, it's expensive, etc., but having a balance lifestyle can be easy with small changes. You can start with something as small such as instead of eating a candy bar as a snack you can replace it with a fruit.



Prevent Diseases

A serious con of malnutrition would be the possibility of diseases or illnesses. One of those diseases is Type 2 Diabetes.

Type 2 Diabetes is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's important source of fuel. There is no cure for this disease. There are many ways that an individual with this condition can do to keep it under control; but it's always recommended to consult with their primary care physician first.

A few basic steps to control Type 2 Diabetes:

- Lose weight. It's important to get rid of extra pounds.
- Be active-exercise three times a week for 30-60 min a day.
- Change your diet. People with Type 2 Diabetes mainly have to avoid concentrated sugars.
- Medication & insulin injections
- Find motivation. Surround yourself with optimistic people who can encourage you through the struggle.