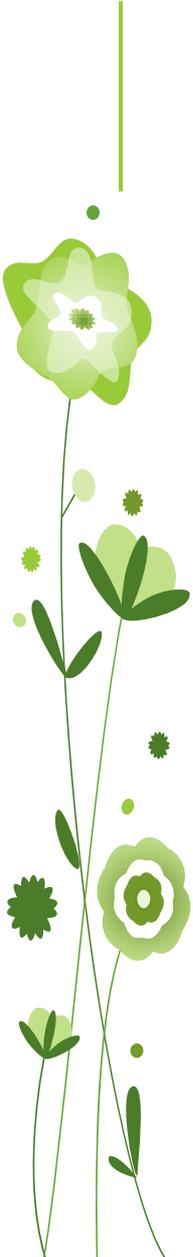
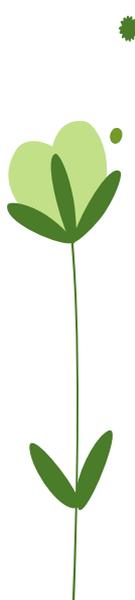


**I AM THIS WHAT I EAT!**

about the cosequences  
of eating;)

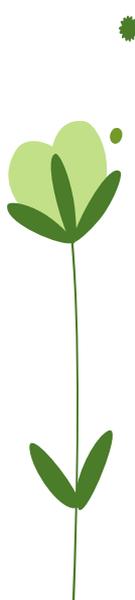
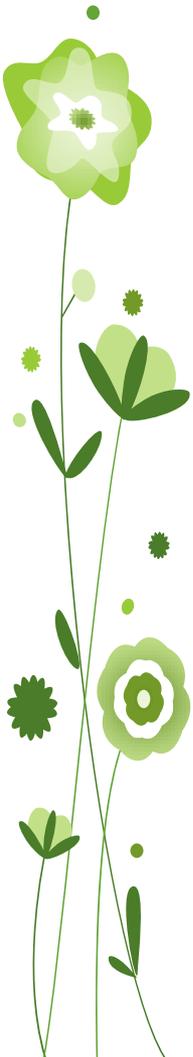


Food needed for a man to build the body's cells, which consume the vital processes of the body (peeling of the skin and mucous membranes, the disintegration of cells, the secretion of digestive juices, etc.) As well as a source of energy (heat) necessary for the preservation of life and a constant body temperature, exercise work, etc.



# NUTRIENTS

Every day our body needs about 60 different ingredients. There is a food product that contains all the essential nutrients in suitable amounts necessary for the body. Only the use of a variety of products allows for the correct balancing the diet.



# THE INGREDIENTS OF A HEALTHY DIET

carbohydrates

proteins

fats

vitamins and minerals

## The importance of nutrients

**BODY BUILDING**

proteins, mineral  
salts

**ENERGY  
FULFILLING**

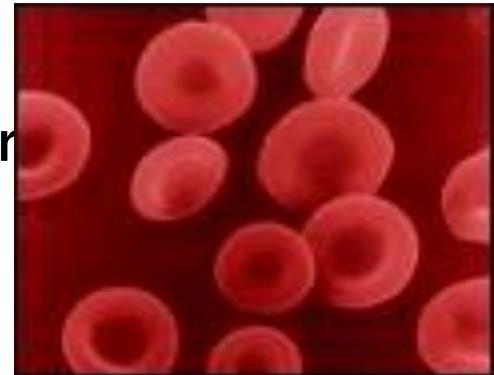
carbohydrates, fats

**ADJUSTMENT**

vitamins, mineral  
salts

# PROTEINS

- They build **cells and tissues** of our body.
- They are part of the **enzymes**, or compounds regulating the reaction in the cells (e.g.. digestion).
- They build **antibodies** necessary to ensure immunity.
- They build **hemoglobin** responsible for the transport of gases.
- They are parts of the **hormones** – compounds which regulate a number of processes in the human body.



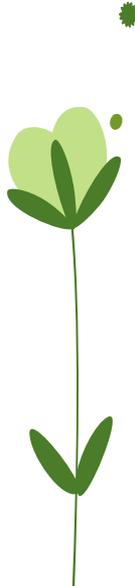


# PROTEINS

They should constitute approx. 20% of daily energy requirements

They are important in the formation and regeneration of muscle

The increased demand especially among the young, still growing up people.



# SOURCES OF PROTEINS

- a. milk and dairy products (cream, cheese, kefir, butter),
- b. eggs,
- c. meat and sausage,
- d. poultry,
- e. fish,
- f. legumes (soybeans, peas, beans,),
- g. bread

**Źródła  
białka**



# CARBOHYDRATES

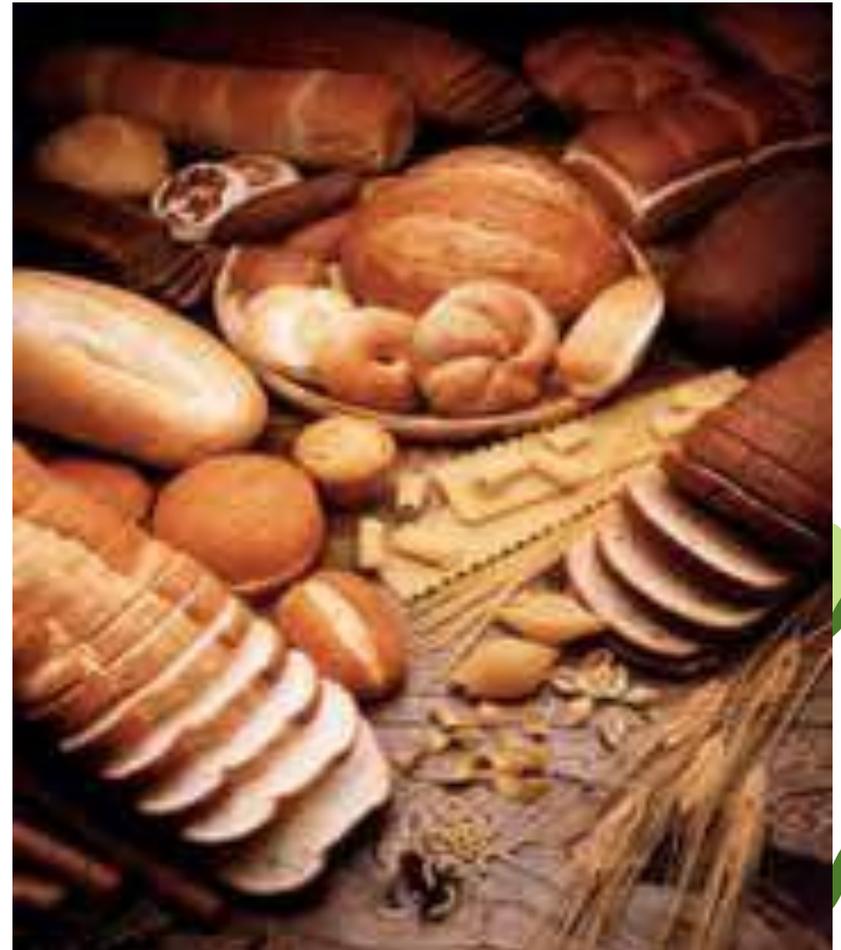
Carbohydrates (complex sugars) are composed of long chains of simple sugars. The sugars include, for example: Glucose and fructose. Simple sugars are mainly found in fruit, honey and sweets. For the complex sugars include, for example: Starch present in large quantities in potatoes and cereal products (flour, groats, bread, pasta).

The carbohydrate should also be cellulose (fiber) constituting the building blocks of plant cell walls. This sugar is not digested by humans, but it plays an important role in the proper functioning of the digestive system. Especially a lot of fiber include raw vegetables and fruits.

# SOURCES OF CARBOHYDRATES

- a. bread,
- b. sweets,
- c. potatoes,
- d. sweet fruit,
- e. cereal,
- f. pasta.

Carbohydrates are the basis of the diet – approx. 60% of daily demand.



# THE MENU OF FAVOURABLE CARBOHYDRATES

to increase **the daily intake of carbohydrates**, the diet for a sportsman should take into account:

Large portions of potatoes, pasta or rice hot dish,

large portions of vegetables: cooked or raw with a hot meal or raw vegetables as snacks between meals, in addition to dinner,

a lot of bread,

a lot of fruit: as a snack between meals or as a dessert.



# FATS

They account for about 10% of an adult's body. They consist mainly of subcutaneous adipose tissue - the energy supply, protection against cold and amortization in case of mechanical shocks.

They provide vitamins A, D, E, K, and contain essential fatty acids (more recommended fats)

Should constitute approx. 20% of daily energy needs



# SOURCES OF FATS

The sources of animal fat are:

- a. lard,
- b. fat,
- c. pork,
- d. butter,
- e. cream.

The sources of plants fats are:

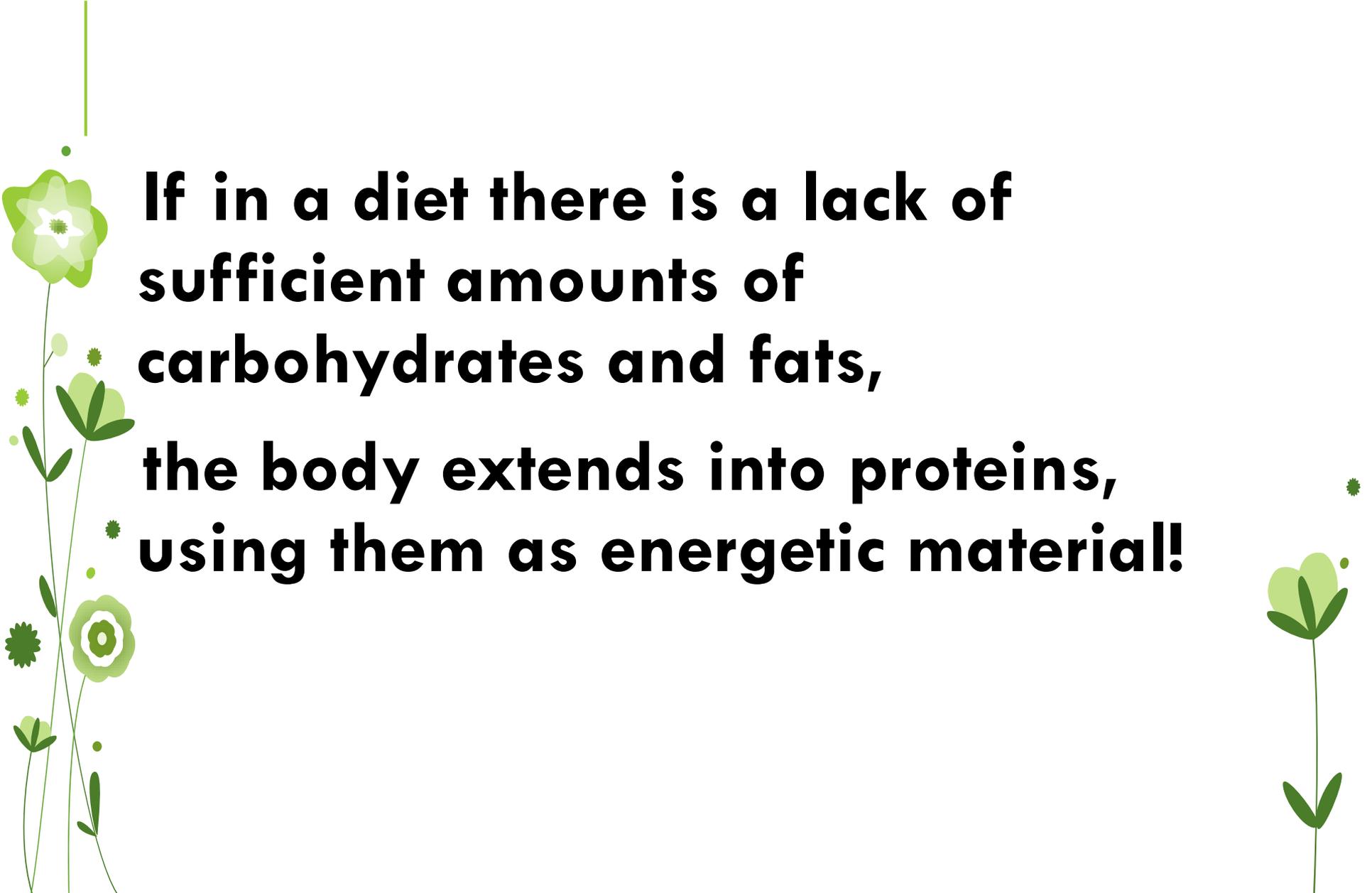
- f. oils,
- g. margarine.



# THE MENU OF FAVOURABLE FATS

Probably some useful recommendations that can help reduce the fat content in the diet and reduce the ratio of saturated fat to unsaturated fats.

- Replace chips and fries for boiled or baked potatoes,
- Replace whipped cream and cream cheese on low-fat items, eg. **low-fat yogurt**,
- Replace margarine for frying and baking on vegetable oil,
- Limit consumption of meat, sauces and other fat dishes



**If in a diet there is a lack of sufficient amounts of carbohydrates and fats, the body extends into proteins, using them as energetic material!**

# MINERALS AND VITAMINS

The human body needs about 20 different elements.

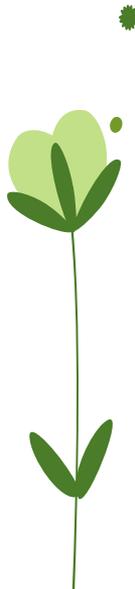
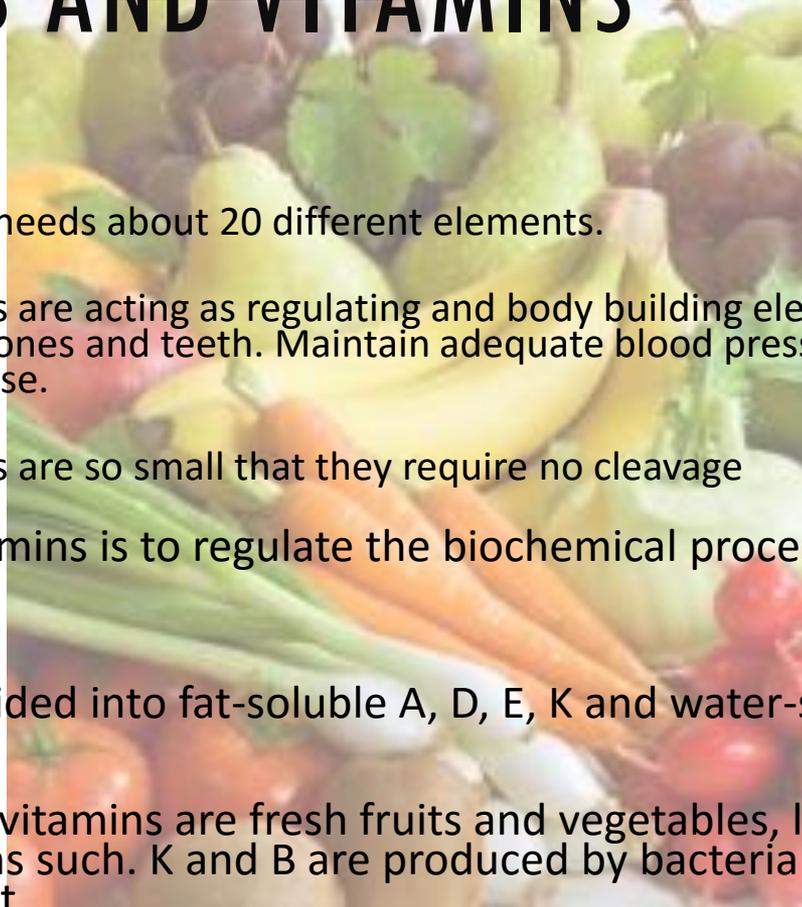
Mineral salts are acting as regulating and body building elements. Mainly they build bones and teeth. Maintain adequate blood pressure and regulate the acid - base.

The particles are so small that they require no cleavage

The function of vitamins is to regulate the biochemical processes in the human body.

Vitamins can be divided into fat-soluble A, D, E, K and water-soluble B, C.

The main source of vitamins are fresh fruits and vegetables, liver, fish, and yeast. Some vitamins such. K and B are produced by bacteria of the gastrointestinal tract.



The daily diet should contain min. 5 portions colored vegetables and / or fruit (also containing fiber), and essential anti-oxidants (Vit. C and E,  $\beta$ -carotene, protein, some amino acids, flavonoids, CoQ10)

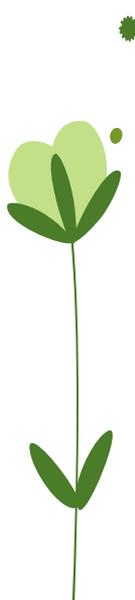
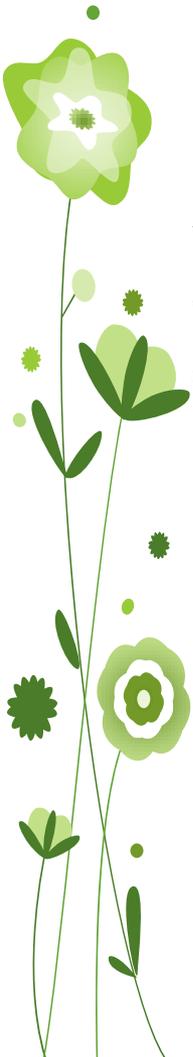
Most antioxidants in vegetables and fruits, fish and seafood  
Best products should be fresh or frozen instead of canned or cooked too long



# WATER



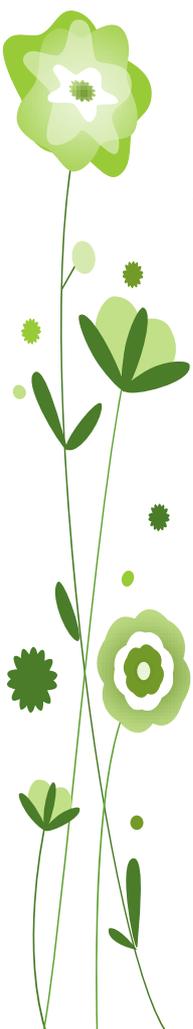
Water is one of the most important components of the body, which represents about 60% of an adult's body. Its presence is essential for its proper functioning, given the key role in regulating body temperature, transport of nutrients and participate in all biochemical reactions in the body.



# THE RECOMMENDED AMOUNT OF LIQUIDS DEPENDING ON THE AGE

Age/gender	The daily requirement for liquids
4-8 years, boys and girls	5 glasses (1,2 l)
9-13 years, boys	8 glasses (1,8 l)
9-13 years, girls	7 glasses (1,6 l)
14-18 years, boys	11 glasses (2,6 l)
14-18 years, girls	8 glasses (1,8 l)

# THE BENEFITS OF HEALTHY NUTRITION



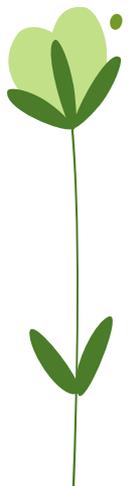
Diet influences the growth and development of your body

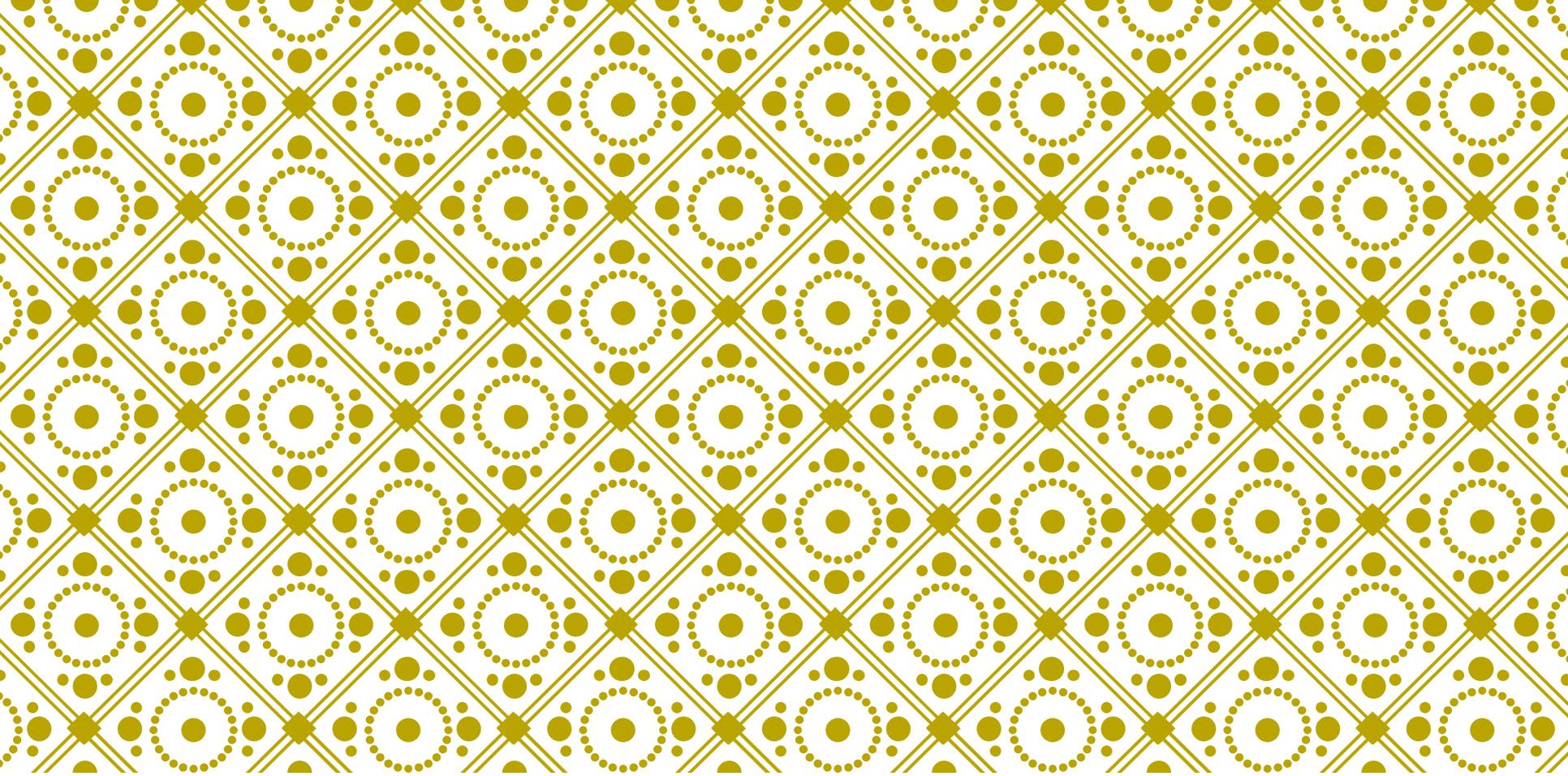
It also has an impact on the form of sportsman, results and better regeneration

It helps to withstand intense training regime

- Protects against diseases and injuries

It helps in achieving and maintaining an ideal body weight and silhouettes





# THE PYRAMID OF HEALTHY NUTRITION

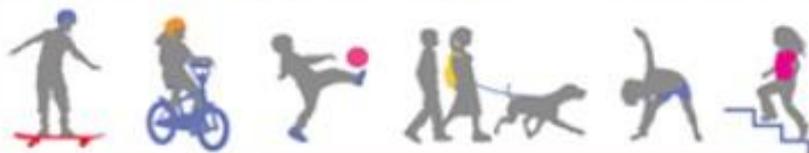


# Piramida Zdrowego Żywienia

dla dzieci i młodzieży w wieku szkolnym



Nie zapomnij o ruchu!



# THE PLATE OF HEALTH



# CEREALS

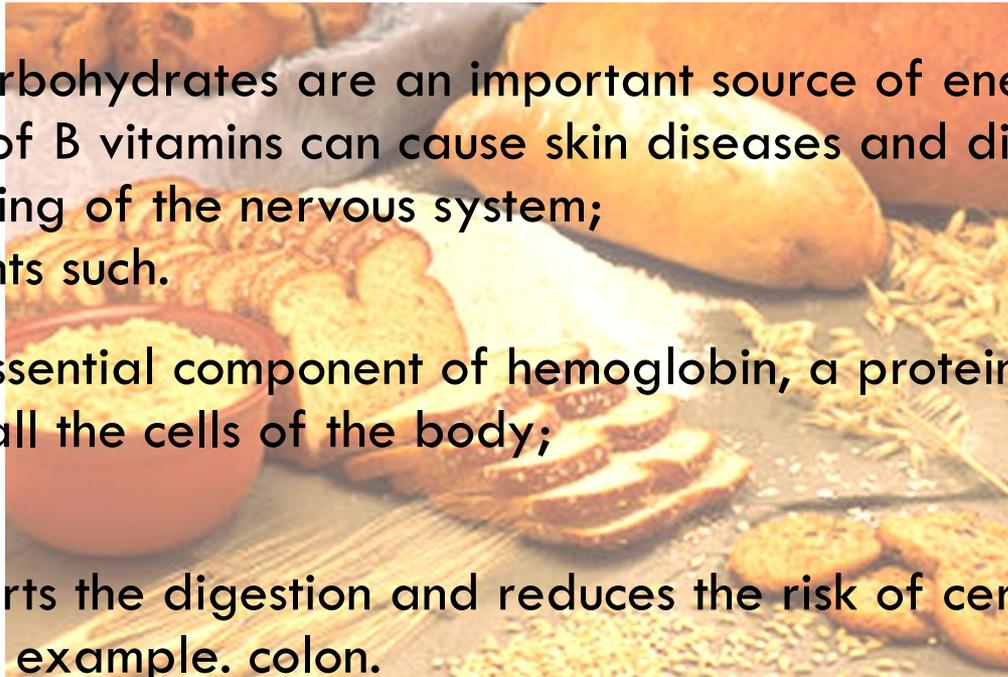
**Cereal products include, among others, iron, vitamin E, B vitamins**

complex carbohydrates are an important source of energy, deficiency of B vitamins can cause skin diseases and disorders in the functioning of the nervous system; micronutrients such.

Iron is an essential component of hemoglobin, a protein carries oxygen to all the cells of the body;

fiber supports the digestion and reduces the risk of certain cancers, for example. colon.

It is recommended that consumption of brown bread (wholemeal)



# VEGETABLES

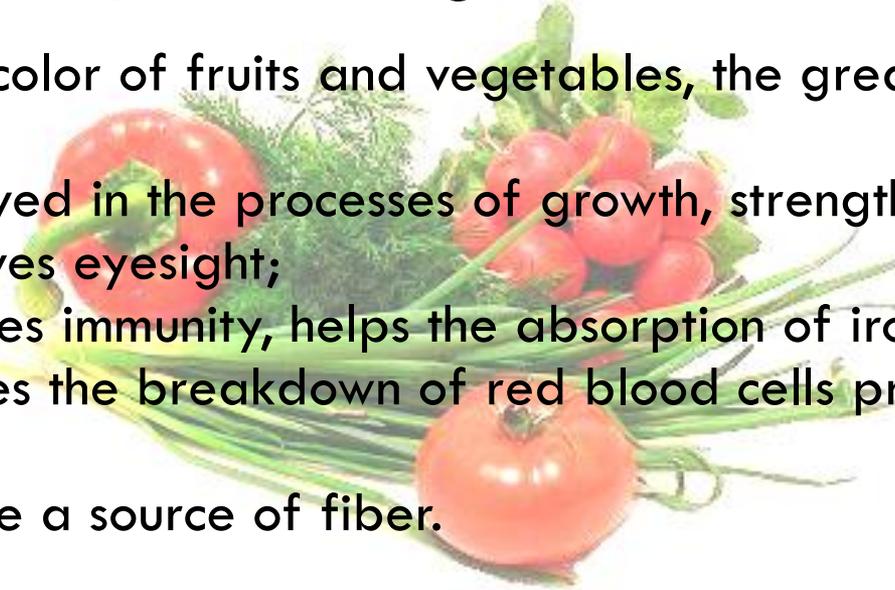
**Vegetables provide many vitamins such as A, C, E, K, B1, B2, B6, H, are also a source of fiber, and many trace elements, for example. Calcium, iron and magnesium.**

the more intense color of fruits and vegetables, the greater the nutritional value

Vitamin A is involved in the processes of growth, strengthens bones and improves eyesight;

Vitamin C increases immunity, helps the absorption of iron, vitamin E minimizes the breakdown of red blood cells protects the liver cells

All vegetables are a source of fiber.



# FRUIT

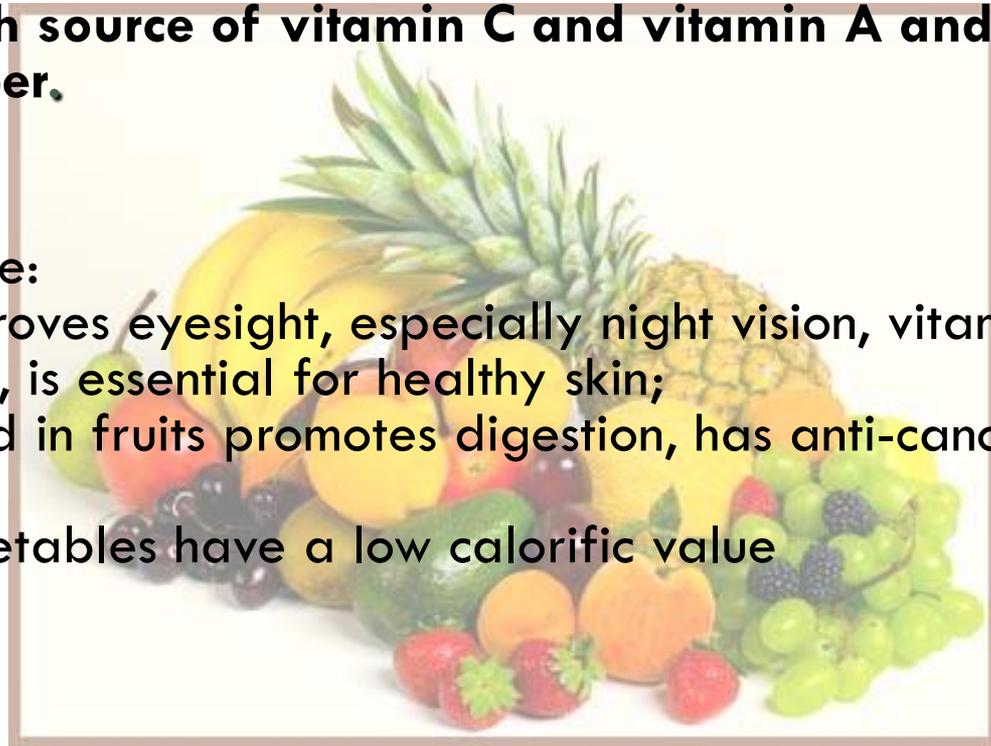
**Fruits are a rich source of vitamin C and vitamin A and eaten with peel - fiber.**

**Nutritional value:**

Vitamin A improves eyesight, especially night vision, vitamin C helps heal cuts, is essential for healthy skin;

- fiber contained in fruits promotes digestion, has anti-cancer effect;

fruits and vegetables have a low calorific value



# MILK AND DAIRY PRODUCTS

**Milk and dairy products are the primary source of calcium, which is an indispensable building block of bones and teeth.**

The calcium contained in milk prevents, among others, osteoporosis, it helps regulate blood pressure, it also has an anti-cancer (reduces the risk of colon cancer)

In addition to calcium, dairy products also provides other needed for health ingredients, such as vitamin D protein, potassium, vitamin A, vitamin B12.



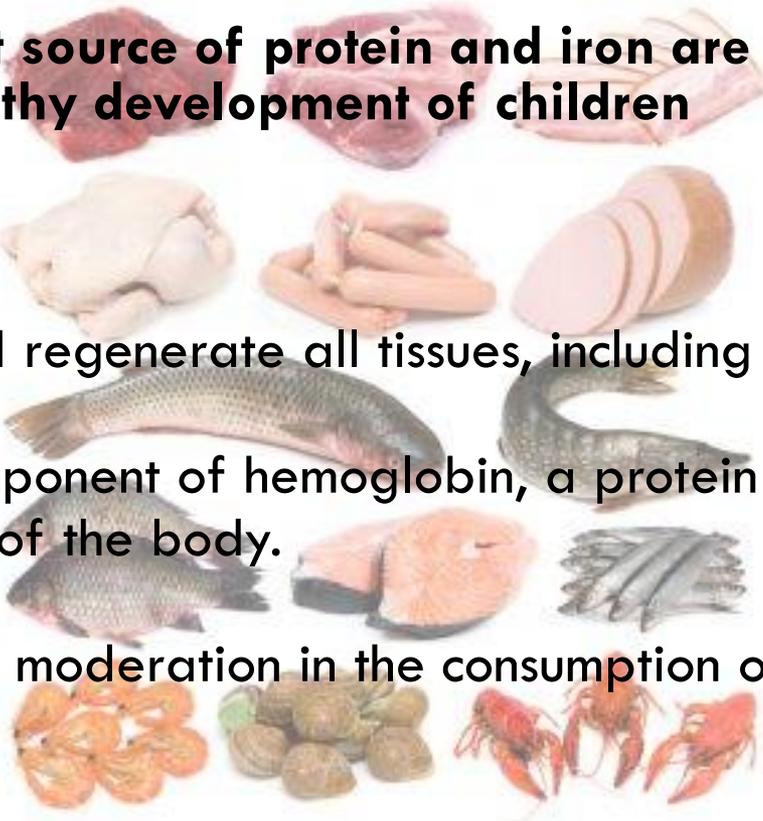
# MEAT, FISH, EGGS

**They are an excellent source of protein and iron are important for the healthy development of children organisms.**

Protein helps build and regenerate all tissues, including muscles strong.

Iron is an essential component of hemoglobin, a protein carries oxygen to all the cells of the body.

It is recommended that moderation in the consumption of red meat.



# THE OTHER PRODUCTS

They are caloric foods. The amount of calories possessed by it exceeds their nutritional value. Therefore, you should consume them in moderation as a possible addition to the meals.

# WHAT IS HIDDEN IN SWEETS?

## The bar Lion

Weight: 43g

How much sugar - the whole chocolate bar: 12,7g

how much sugar - 100g: 29,6g

calories - the whole candy bar 207kcal

calories - at 100g 481kcal



## Kinder Bueno (two bars in the package)

Weight: 2 x 21,5g

how much sugar - the whole chocolate bar: 2 x 8.8 g

how much sugar - 100g: 41g

calories - all batonik 2 x 123kcal

calories - in 100g 568kcal





## Coca-Cola

Volume: 2l

How much sugar - the whole bottle: 212G  
w 2 litrach

© [www.ilecukru.pl](http://www.ilecukru.pl)

how much sugar - in a glass: 26.5 g

how much sugar - in 100ml: 10,6g

• calories - the whole bottle: 840kcal

• calories - in a glass: 105kca

calories - in 100ml: 42kcal



w szklance 250 ml

© [www.ilecukru.pl](http://www.ilecukru.pl)

## Cappy. An apple juice

Volume: 1l

how much sugar - the whole package: 114g

how much sugar - in a glass: 28,5g

how much sugar - in 100ml: 11,4g

calories - the whole package: 470kcal

calories - in a glass: 118kcal

calories - in 100ml: 47kcal



# Danonki

Weight: 50g

How much sugar - the whole package: 6.6g

How much sugar - 100g: 13.2 g

calories - the whole package: 54kcal

calories - per 100g: 107kcal



# Ketchup Hellmans

Weight: 860g

how much sugar - the whole bottle: 146,2g

how much sugar - 100g: 17g

how much sugar - in a spoon 15g: 2.5g

calories - the whole bottle: 860kcal

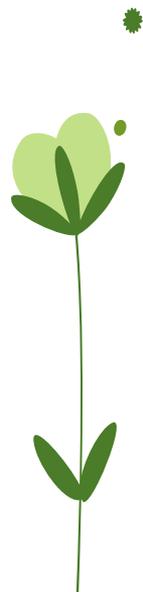
calories - per 100g: 100 kcal

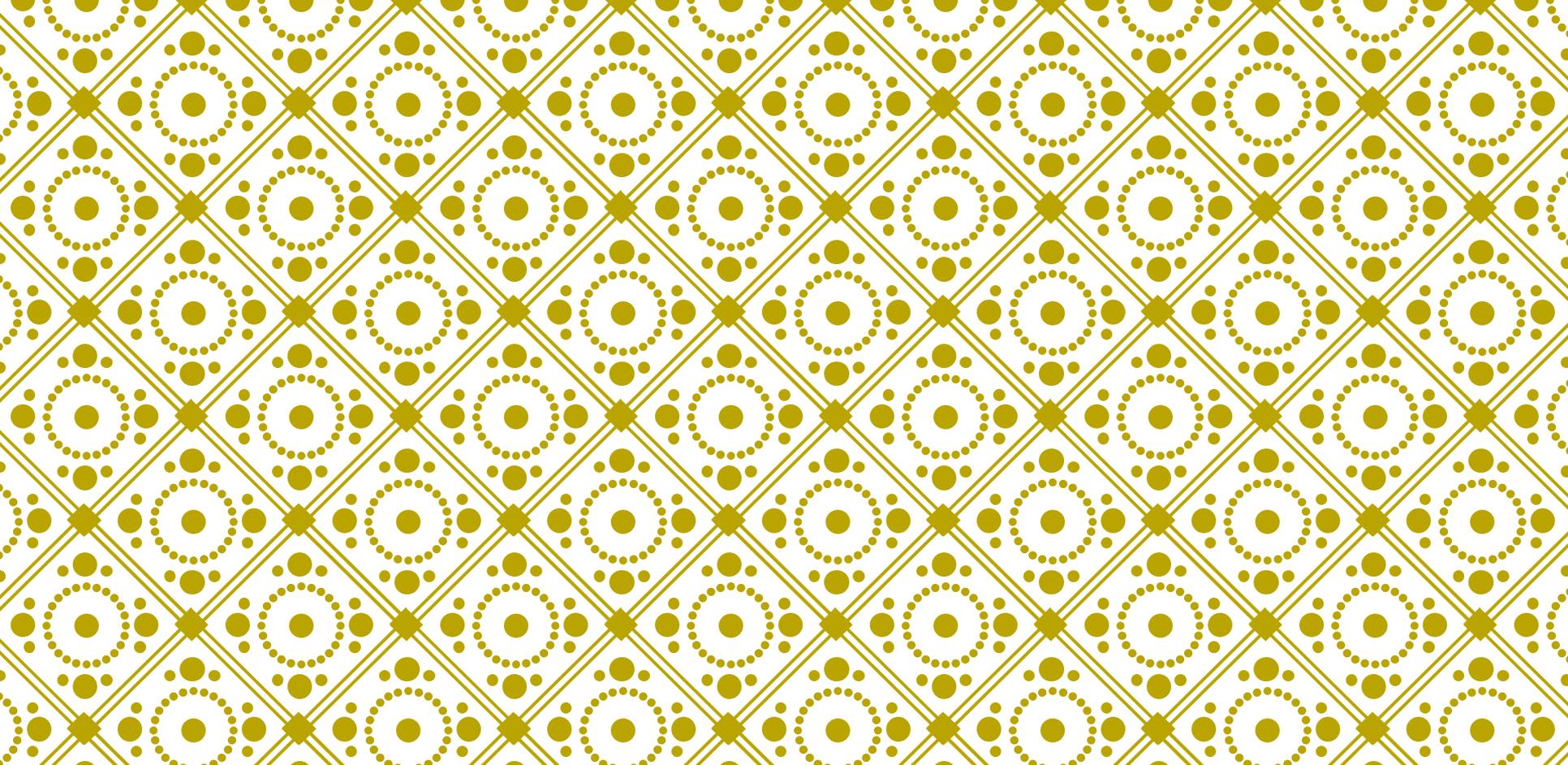
calories - in a spoon 15g: 15g



© [www.ilecukru.pl](http://www.ilecukru.pl)







**10 PRINCIPLES OF  
HEALTHY NUTRITION  
FOR CHILDREN AND  
YOUNG PEOPLE**



# 10 PRINCIPLES OF HEALTHY NUTRITION FOR CHILDREN AND YOUNG PEOPLE

**1. Daily consumption of different products  
with each group included in the pyramid**

*(each group is the source of other valuable health nutrients)*

**2. Daily physical activity**

*(daily activity has a beneficial effect on physical fitness  
and the mental and the correct figure)*



# 10 PRINCIPLES OF HEALTHY NUTRITION FOR CHILDREN AND YOUNG PEOPLE

**3. The source of energy in the diet should be mainly products in the base of the pyramid**

*(properly planned menu should contain at least 5 servings of cereal products)*

**4. Daily consumption of dairy products such as yogurt, kefir, buttermilk, cheese**

*(milk and its products are the most important source of calcium in the diet)*





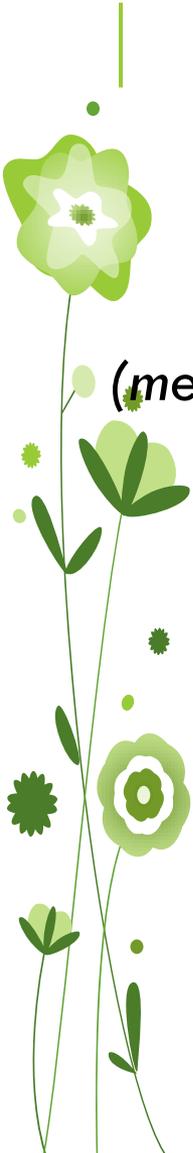
# 10 PRINCIPLES OF HEALTHY NUTRITION FOR CHILDREN AND YOUNG PEOPLE

**5. Daily consumption of 2 servings group - meat, fish, eggs (taking pulses)**

*(meat products, fish, eggs are high in protein diets)*

**6. Each meal should contain vegetables and fruit.**

*(fruit and vegetables should be consumed several times a day - at least 5 servings per day)*



# 10 PRINCIPLES OF HEALTHY NUTRITION FOR CHILDREN AND YOUNG PEOPLE

## 7. Reducing the consumption of fats. in particular animal

*(fats should be the only addition to dishes)*

## 8. Limiting consumption of sugar

*(it does not provide any vitamins and nutrients, and excess leads to the deposition of fat)*





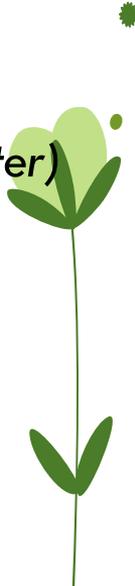
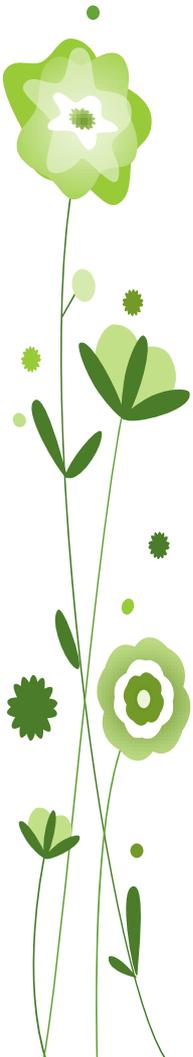
# 10 PRINCIPLES OF HEALTHY NUTRITION FOR CHILDREN AND YOUNG PEOPLE

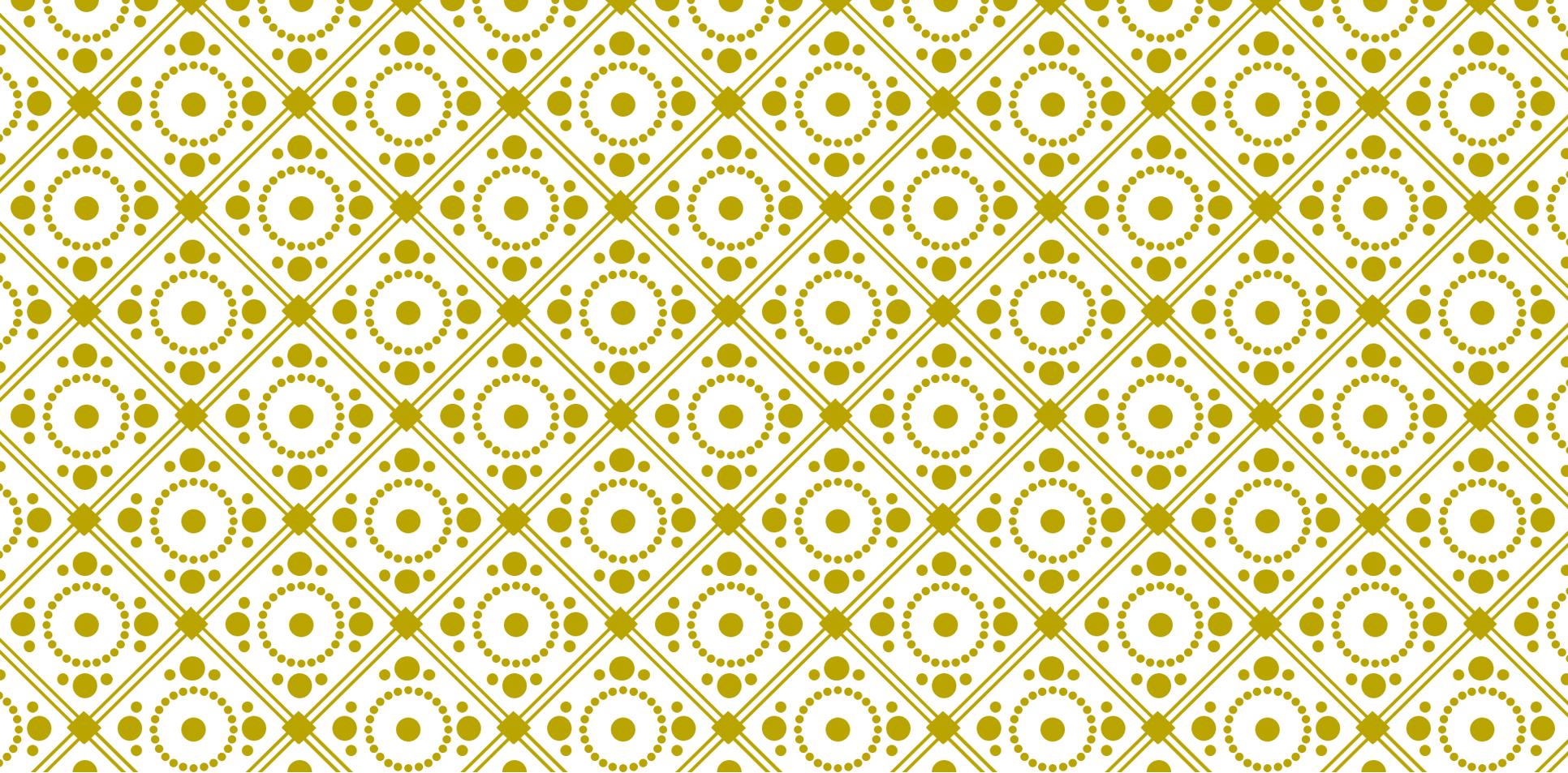
## 9. Limiting consumption of salty products

*(salt in foods should be replaced by aromatic herbs)*

## 10. Drink daily appropriate amount of water

*(children and young people should drink daily at least 6 glasses of water)*





**THANK YOU FOR YOUR  
ATTENTION**

The end of the part 1

