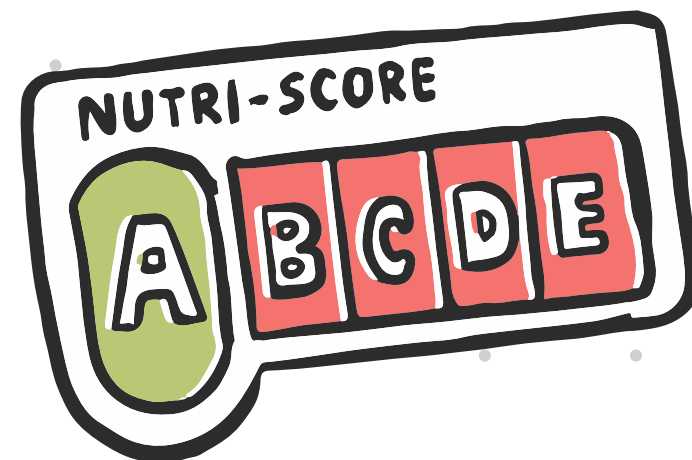


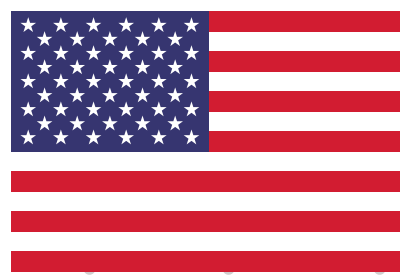


NUTRITION

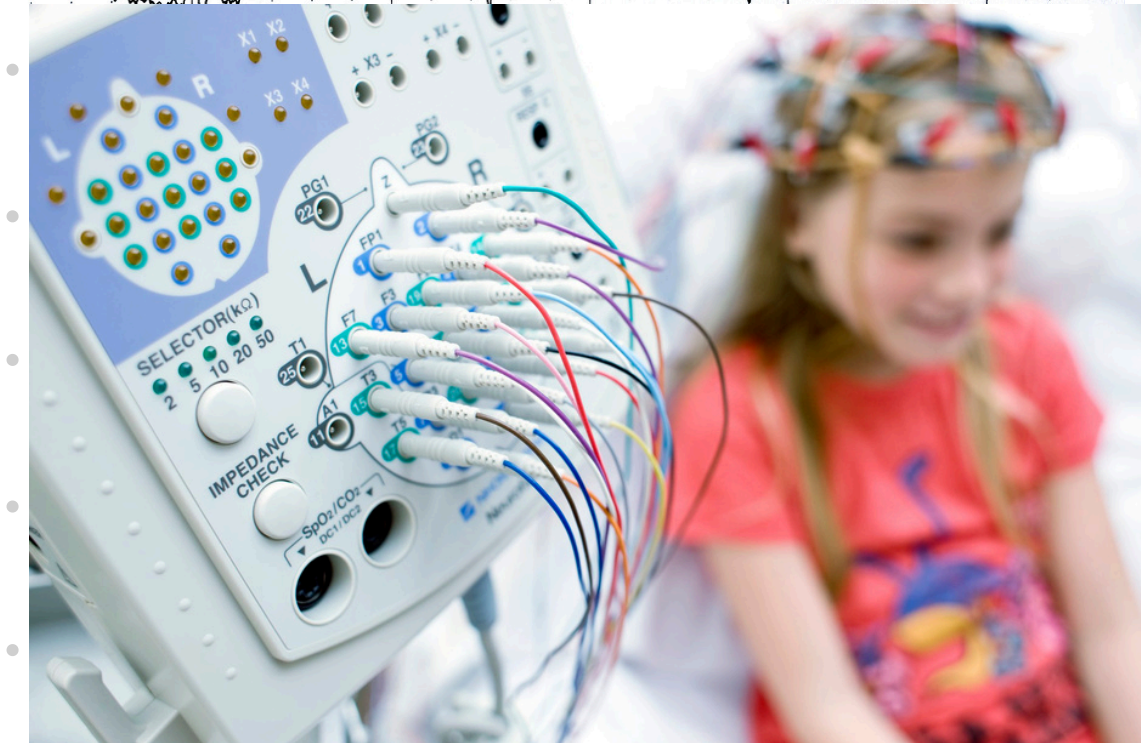
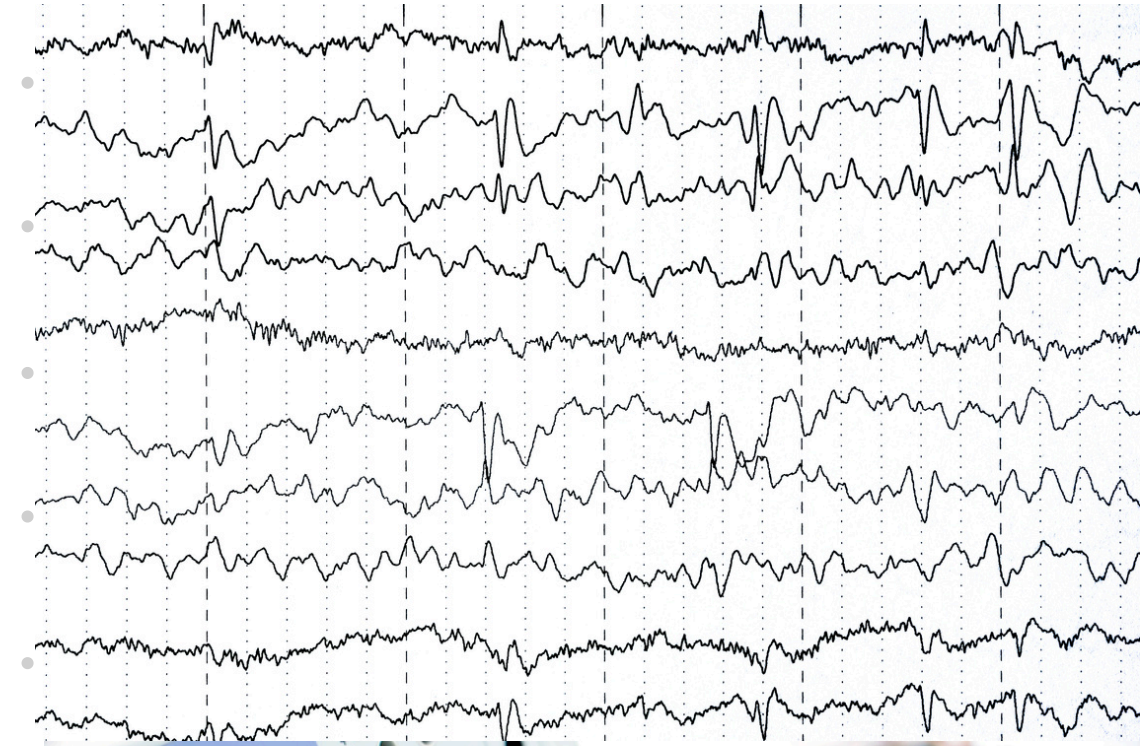
VALERIA DRAINE



ABOUT ME



VANDERBILT
UNIVERSITY
MEDICAL CENTER



NEURODIAGNOSTICS
ELECTROENPHALOGRAM

NEUROSCIENCE



FUN FACTS ABOUT ME

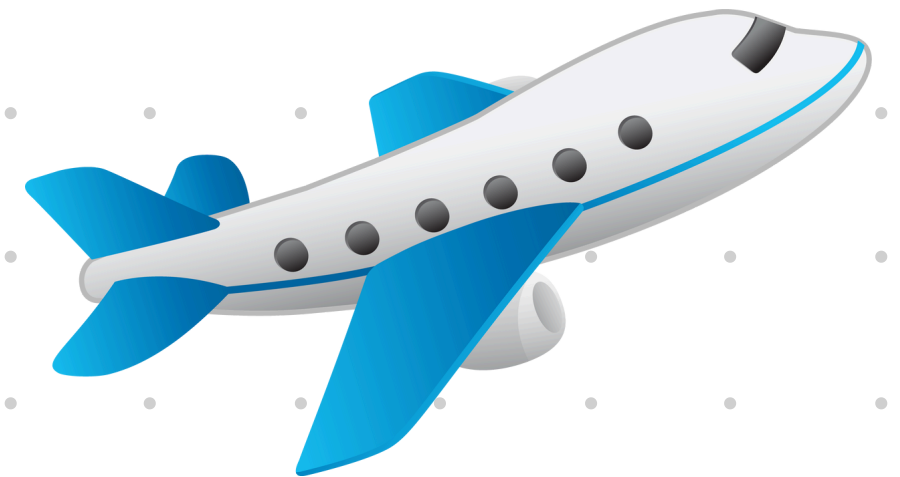
14 COUNTRIES



SCSMI PRESENTER
EDMONTON, CA

6 RESEARCH STUDIES

HIKED
VOLCANO



FLEW PLANE



NUTRITION

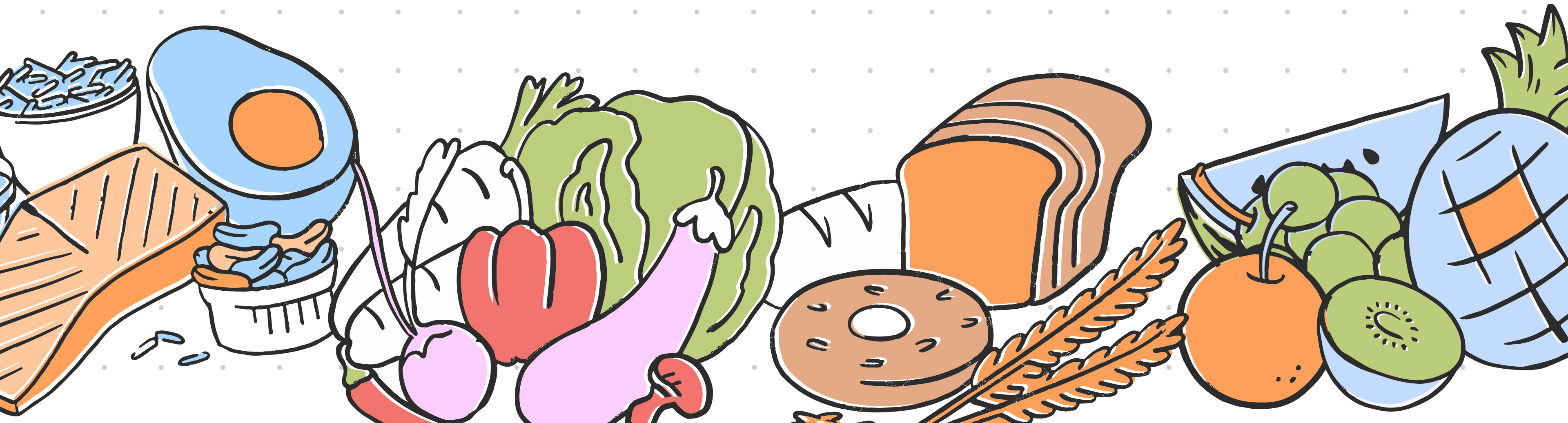
How food gives your body energy,
growth, and health.

THREE PARTS

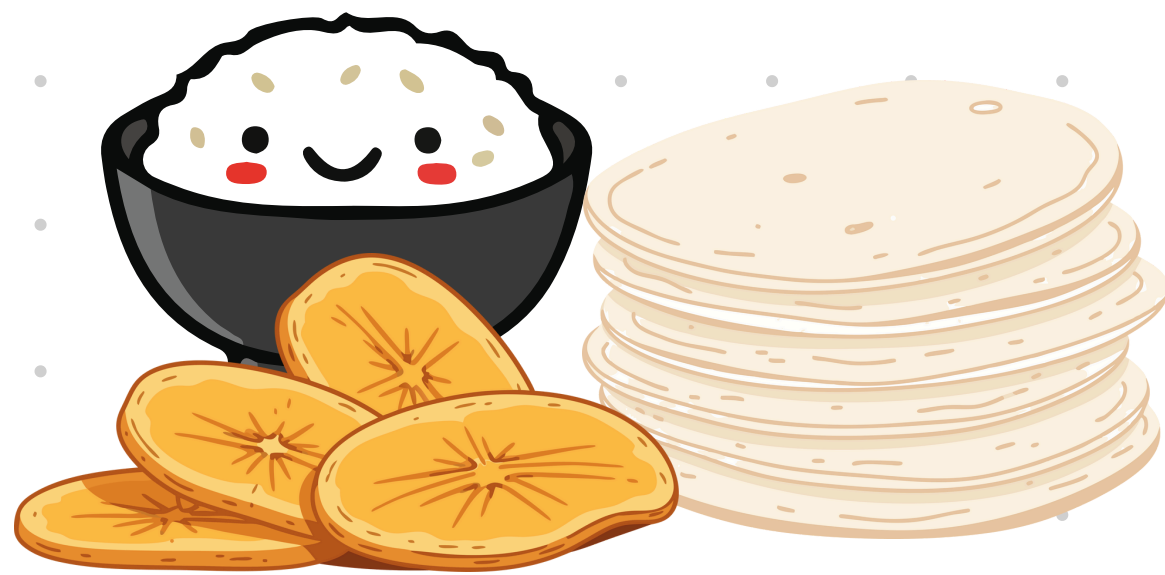
Macronutrients –
Carbs, Proteins, Fats

Micronutrients –
vitamins, Minerals

Water – most
important for survival!

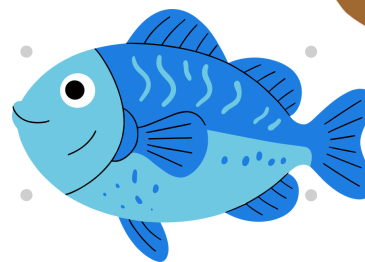


MACRONUTRIENT EXAMPLES



Carbs = rice, tortillas,
fry jacks, plantains

Protein = beans,
chicken, fish



Fat = cheese,
avocado, coconut milk

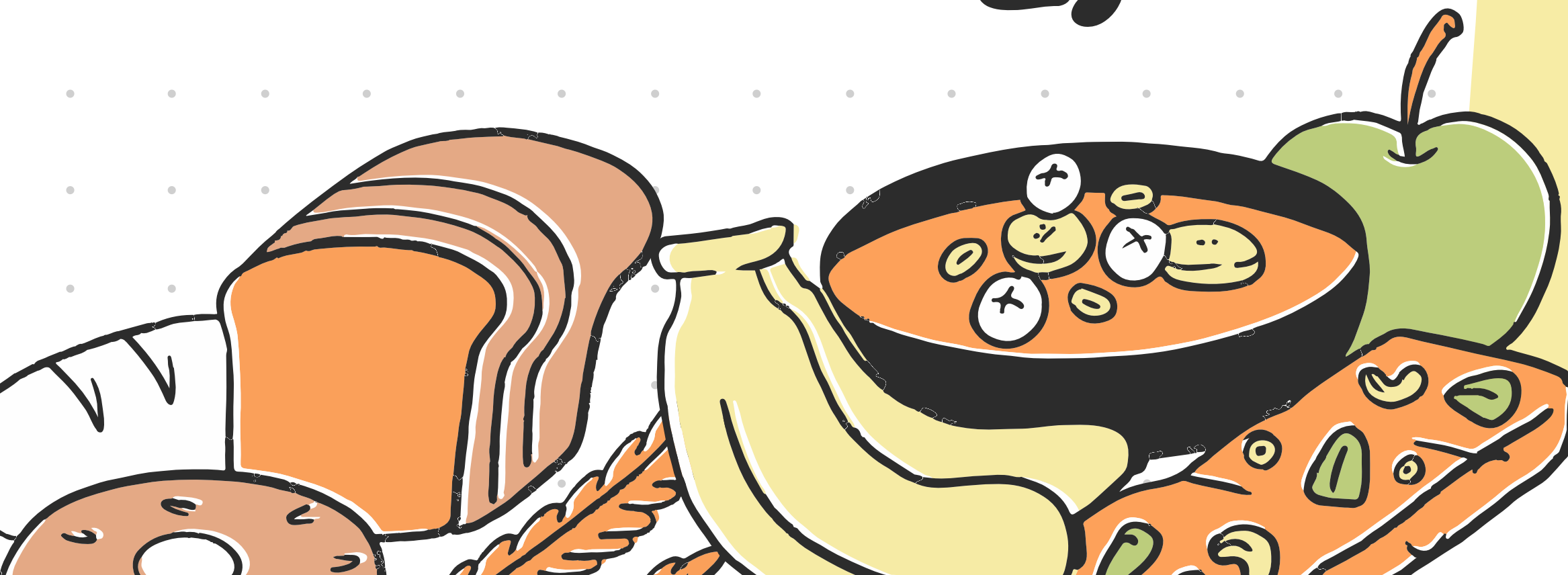


MICRONUTRIENT EXAMPLES

VITAMIN A

Helps you see in the dark and keeps your skin healthy.

EX: Carrots, pumpkin, sweet potatoes

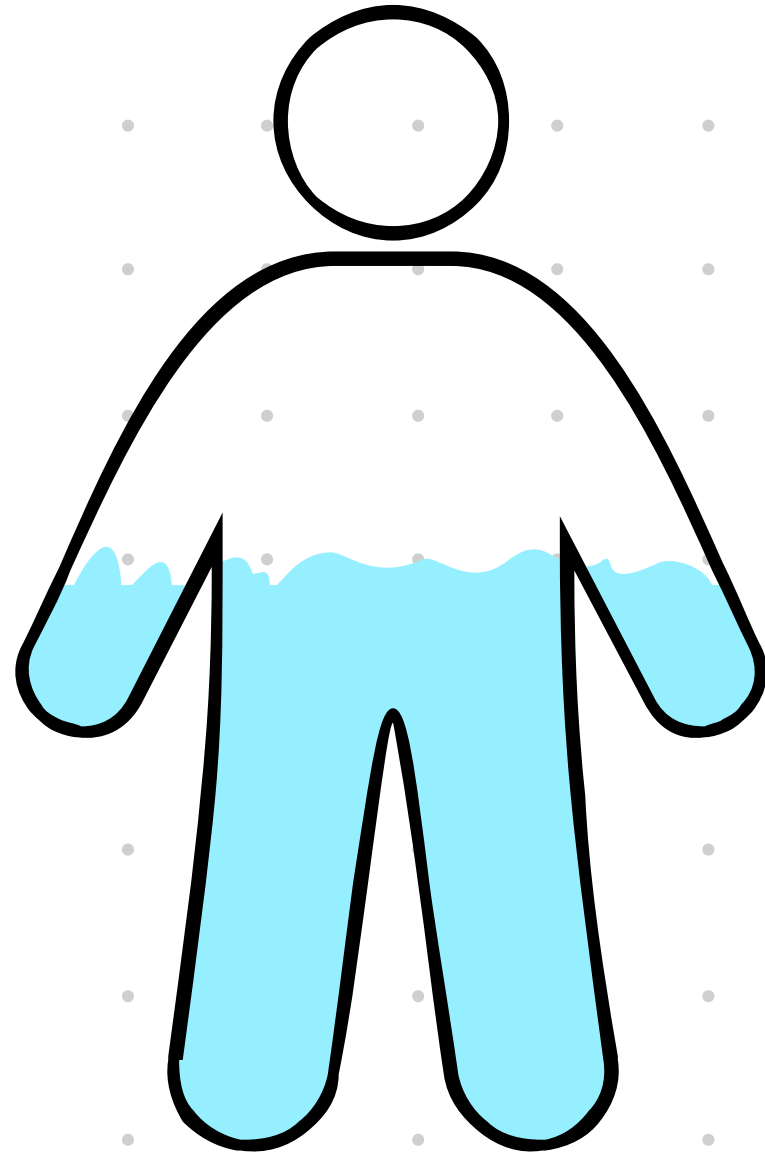


VITAMIN B

Gives you energy and keeps your brain working well.

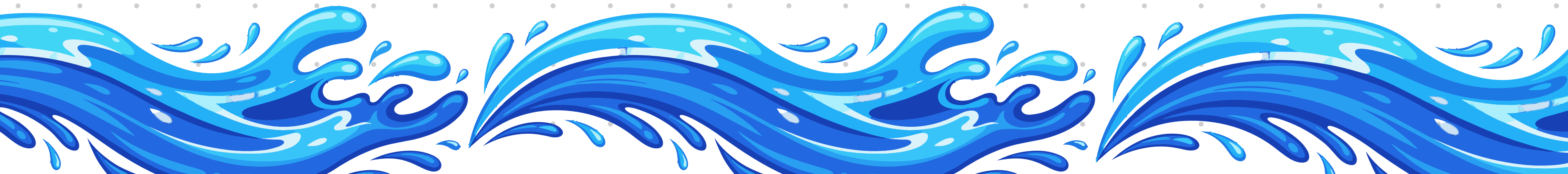
EX: Whole grains, eggs, bananas, and dairy

WATER

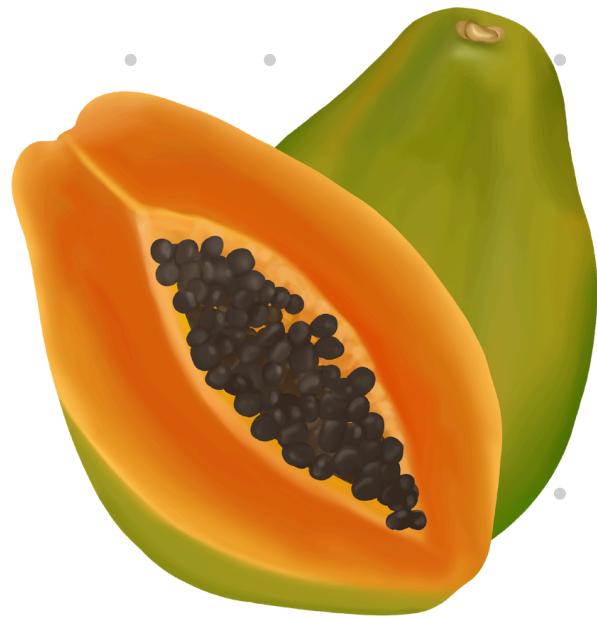


60%

2 Liters of water a day



FOOD TEST



Vitamin C & A

Healthy fat



Carbs+plant protein

Delicious, high in oil



TOO MUCH IS BAD!



- WEIGHT GAIN
- EARLY DIABETES RISK
- LOW ENERGY
- DENTAL PROBLEMS

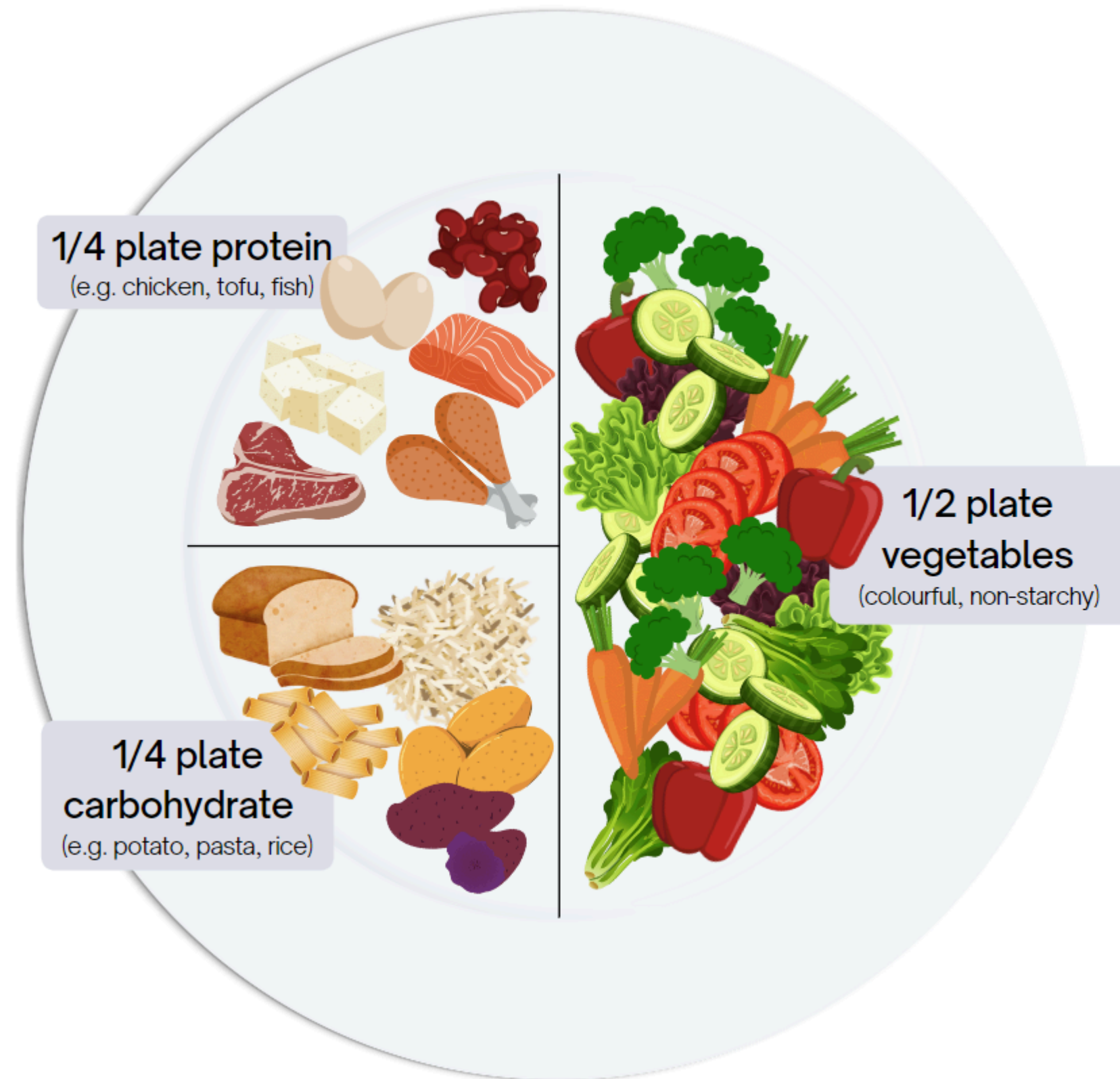
IRON DEFICIENCY → CAUSES TIREDNESS

VITAMIN A DEFICIENCY → AFFECTS
VISION

CALCIUM DEFICIENCY → WEAK BONES

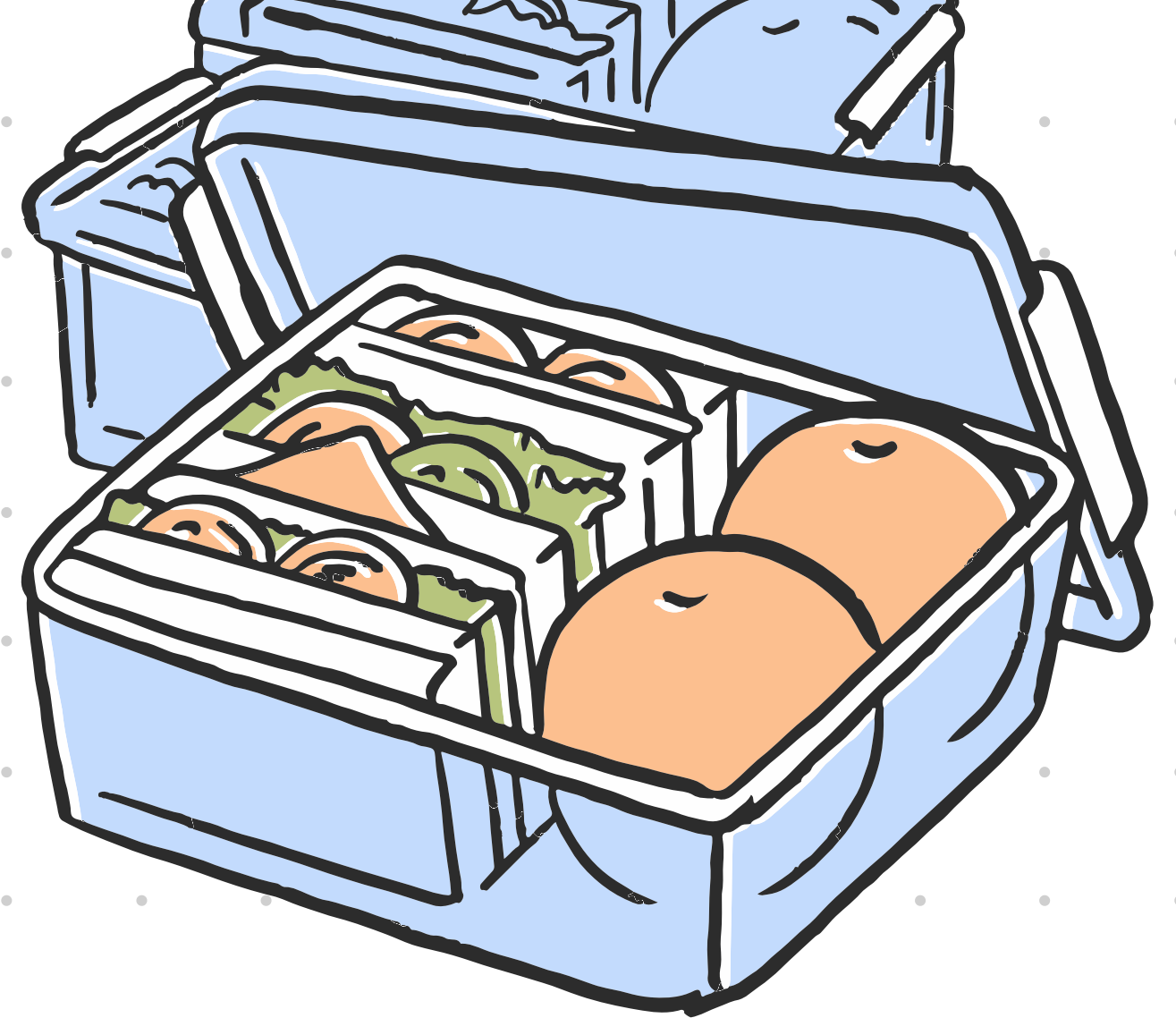


HEALTHY PLATE MODEL



WHY IT MATTERS?

- Better skin
- Better energy for sports
- Better focus in school
- Healthy growth
- Better moods
- Fewer sick days



SUGAR GAME

Fun fact: We should only consume
30g of sugar or less.



SUGAR GAME



10 cubes
(1 cube = 4g sugar)



40 GRAMS

SUGAR GAME



3 GRAMS

SUGAR GAME



31 GRAMS
(1 CUP)

SUGAR GAME



30 GRAMS
(1 SERVING)

SUGAR GAME



10.5 cubes
(1 cube = 4g sugar)



42 GRAMS

SUGAR GAME



22 GRAMS

TRUE OR FALSE?

CHICKEN AND BEANS
ARE BOTH PROTEINS

TRUE OR FALSE?

A HEALTHY PLATE
SHOULD BE HALF
VEGETABLES AND
FRUITS

TRUE OR FALSE?

FRUITS HAVE
VITAMINS

TRUE OR FALSE?

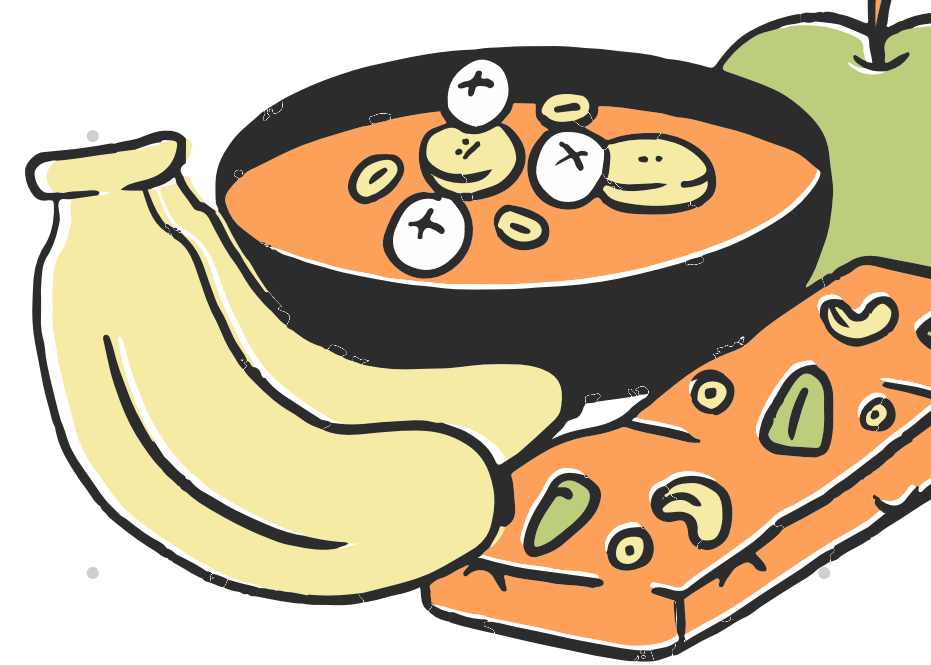
EATING FRIED FOOD
EVERDAY IS HEALTHY

TRUE OR FALSE?

ALL FAT IS BAD FOR
YOU



LET'S WRAP-UP



What is nutrition?

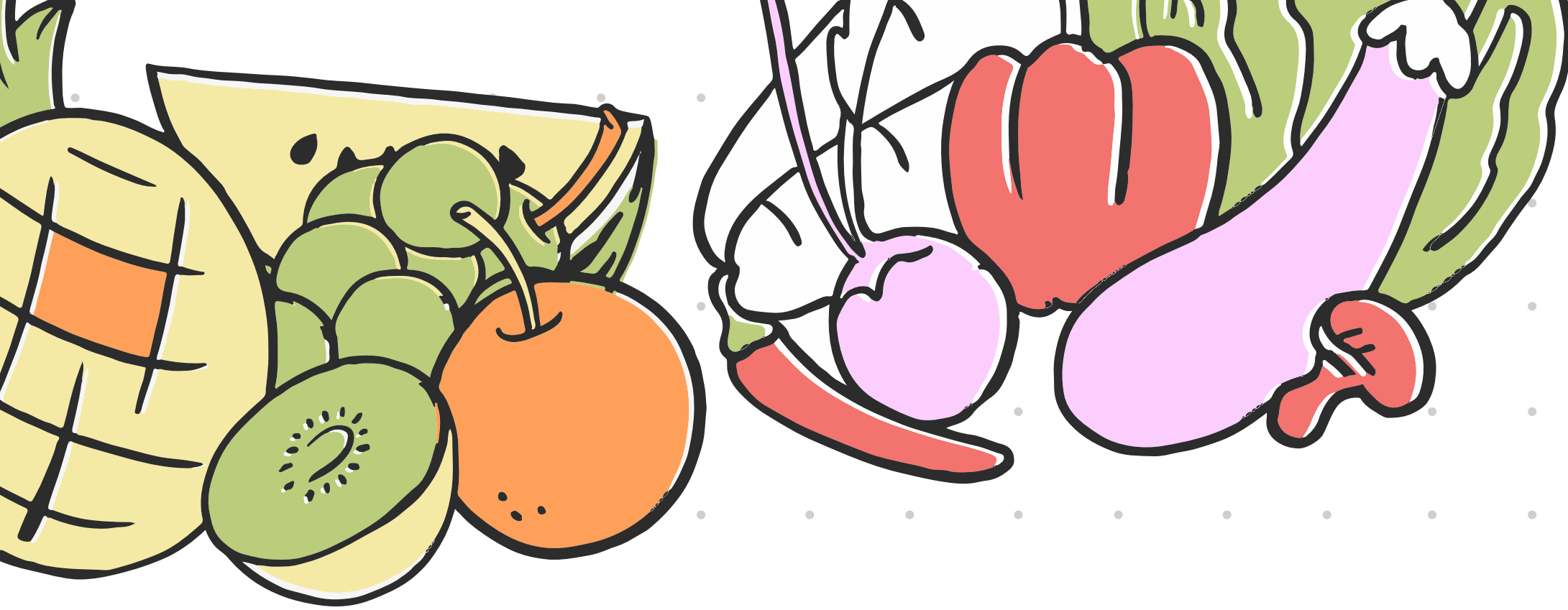
How much water should you drink per day?

What is an example of a carbohydrate?

What is an example of protein?

How much of the human body is water?

What are foods we should not eat too much of?



QUESTIONS?

