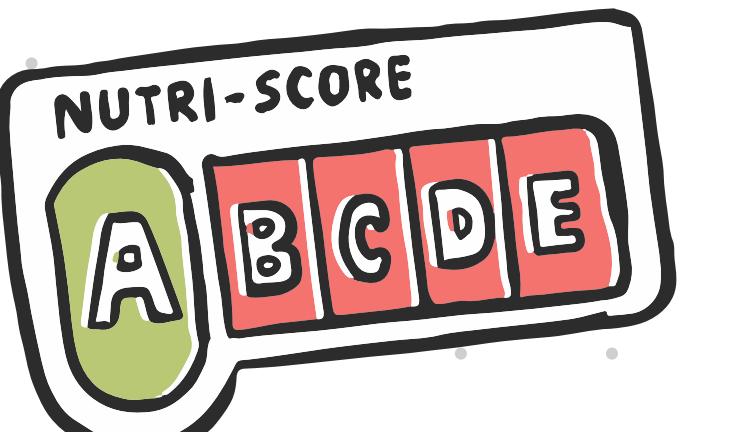


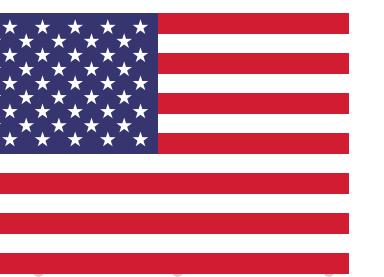


# NUTRITION

VALERIA DRAINE



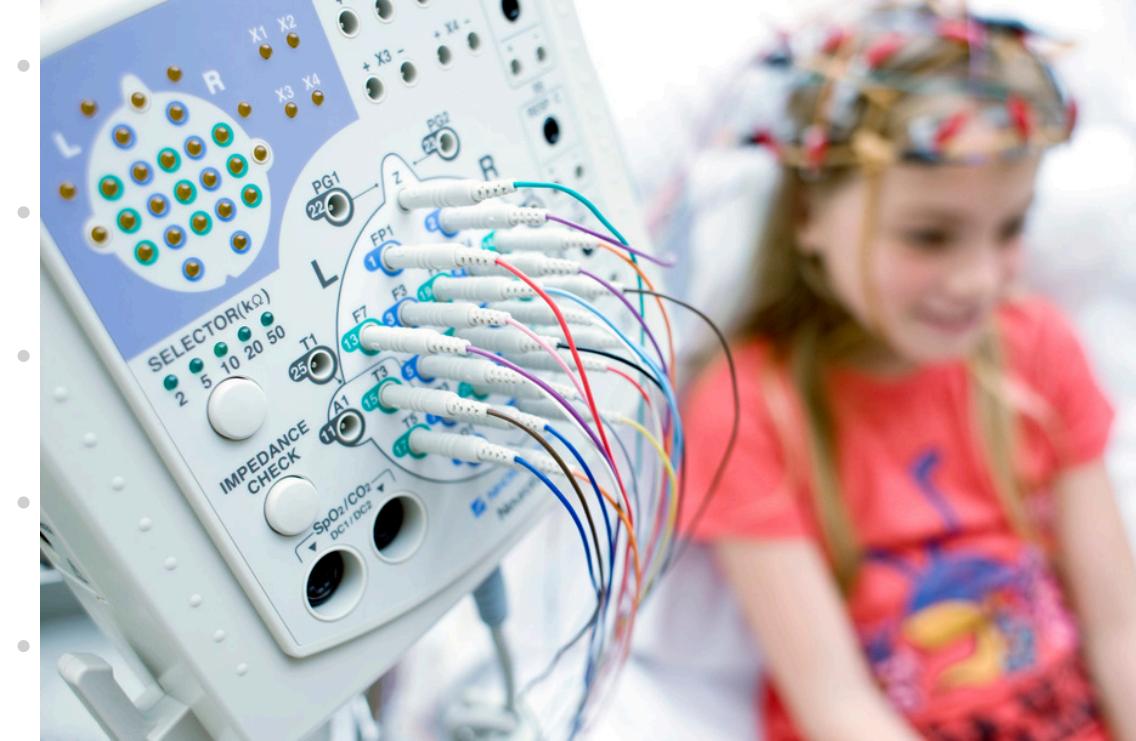
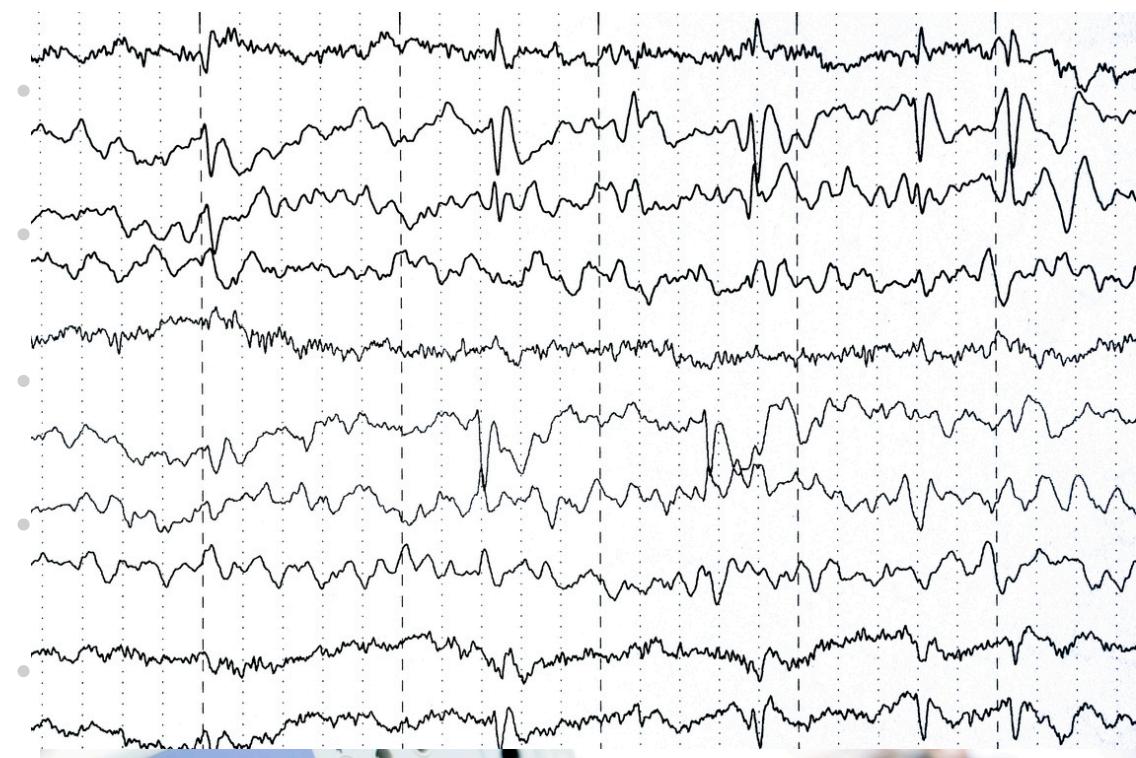
# ABOUT ME



NEUROSCIENCE



VANDERBILT  
UNIVERSITY  
MEDICAL CENTER

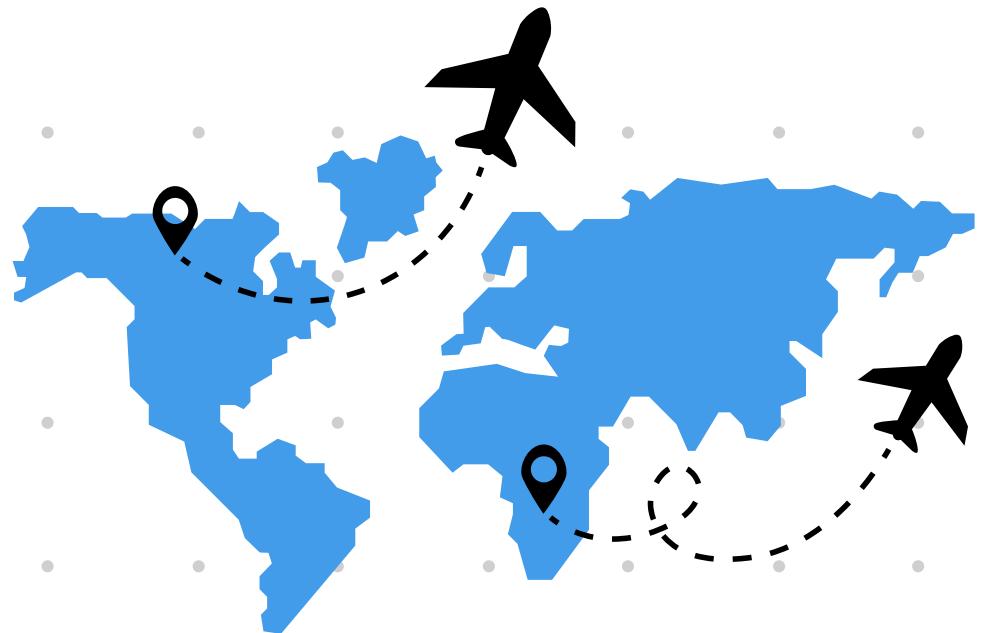


NEURODIAGNOSTICS  
ELECTROENPHALOGRAM



# ? FUN FACTS ABOUT ME

14 COUNTRIES



SGSMI PRESENTER  
EDMONTON, CA

6 RESEARCH STUDIES



HIKED  
VOLCANO



FLEW PLANE

# NUTRITION

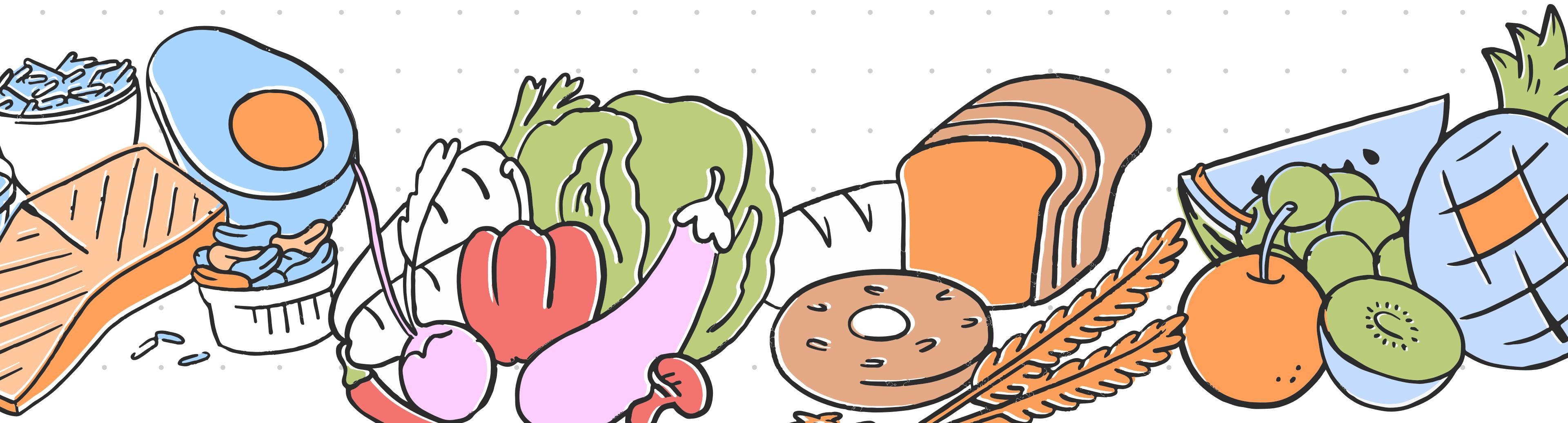
How food gives your body energy, growth, and health.

# THREE PARTS

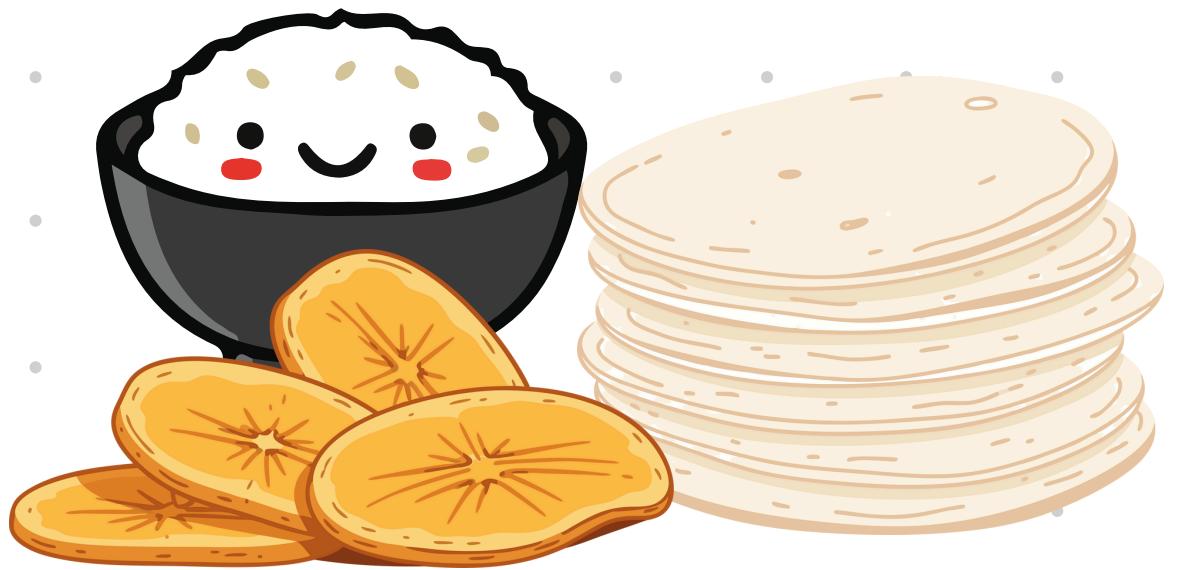
macronutrients –  
carbs, proteins, fats

micronutrients –  
vitamins, minerals

water – most  
important for survival!



# MACRONUTRIENT EXAMPLES



carbs = rice, tortillas,  
fry jacks, plantains

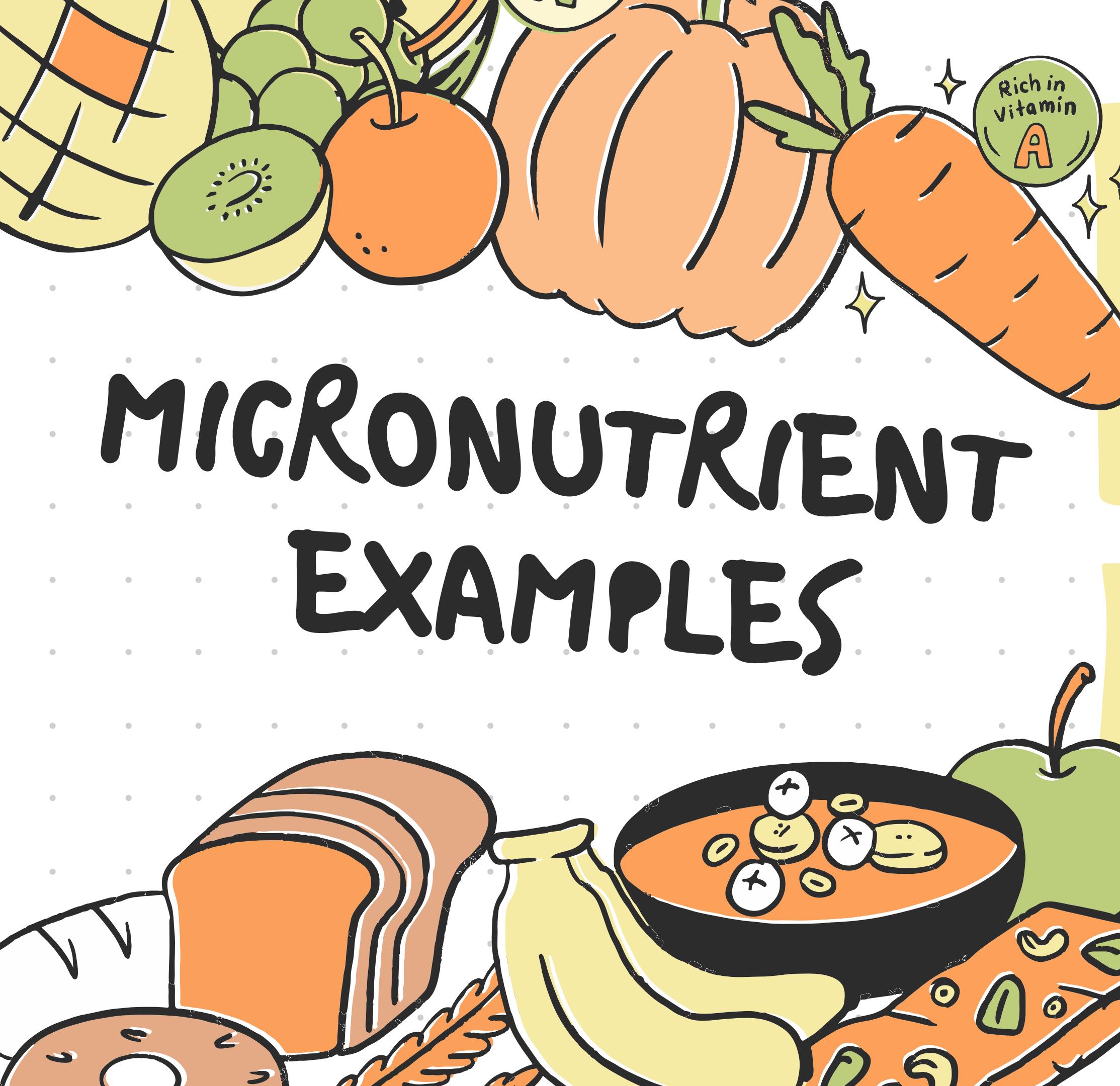


Protein = beans,  
chicken, fish



Fat = cheese,  
avocado, coconut milk





# MICRONUTRIENT EXAMPLES

## VITAMIN A

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

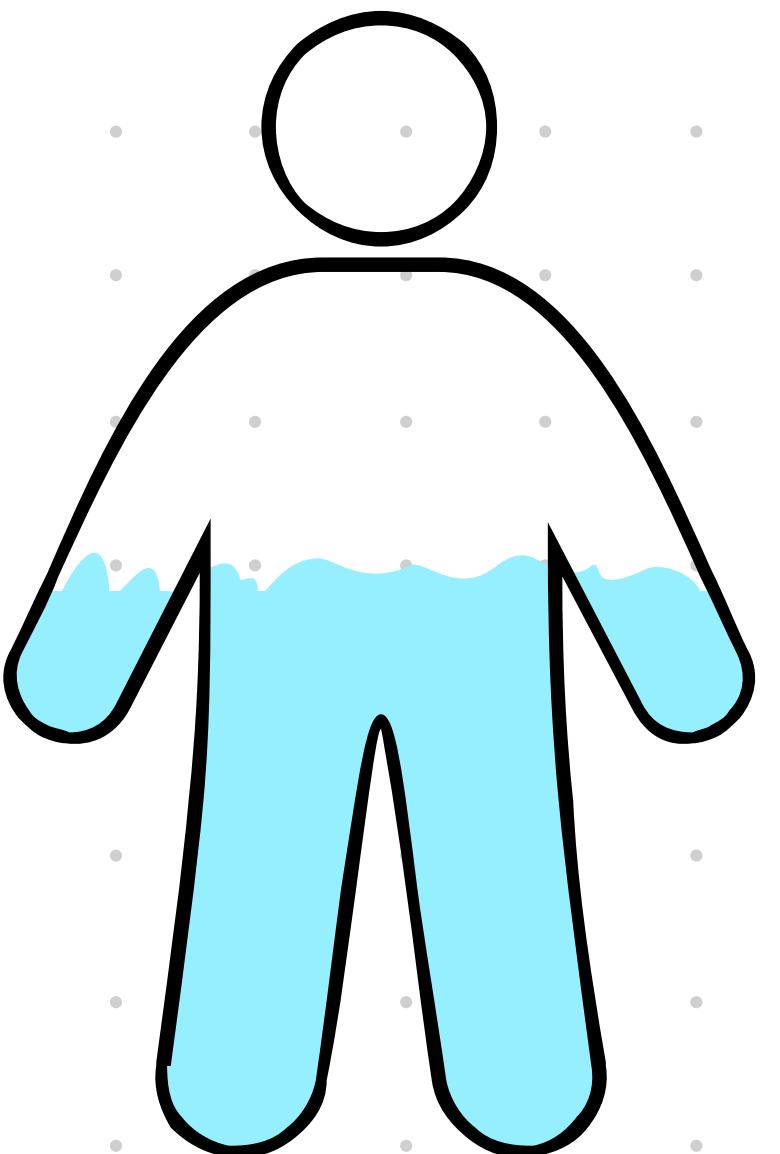
Ex: carrots, pumpkin, sweet potatoes

## VITAMIN B

Gives you energy and keeps your brain working well.

Ex: Whole grains, eggs, bananas, and dairy

# WATER

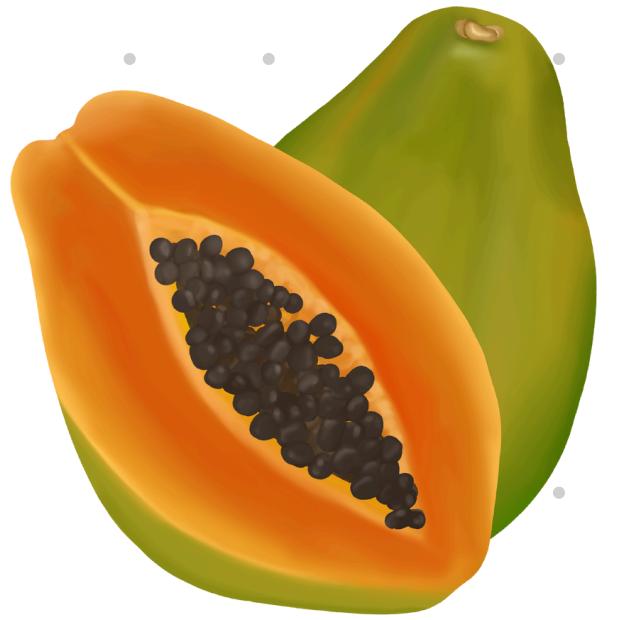


60%

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

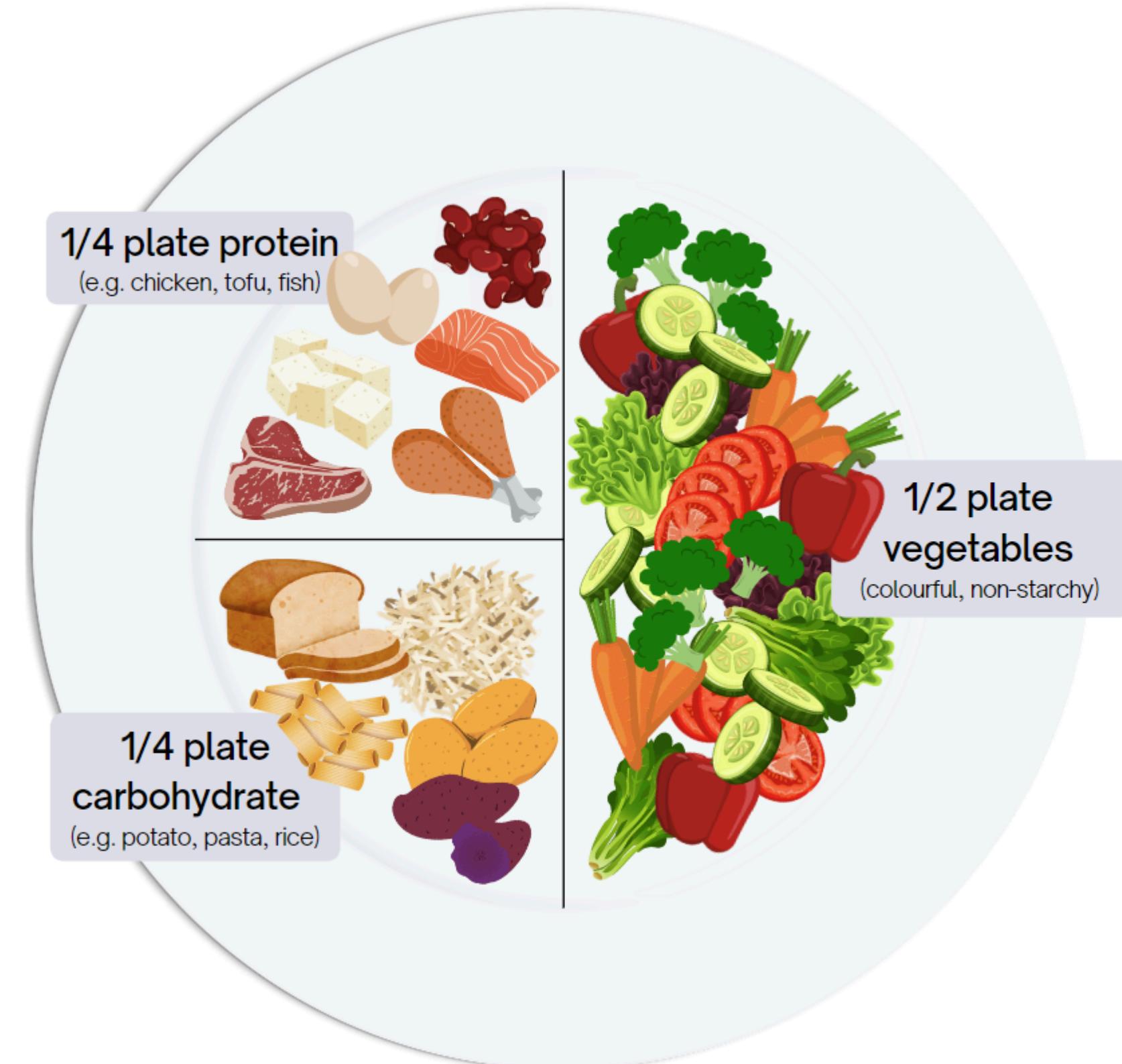
IRON DEFICIENCY → CAUSES TIREDNESS

VITAMIN A DEFICIENCY → AFFECTS  
VISION

CALCIUM DEFICIENCY → WEAK BONES

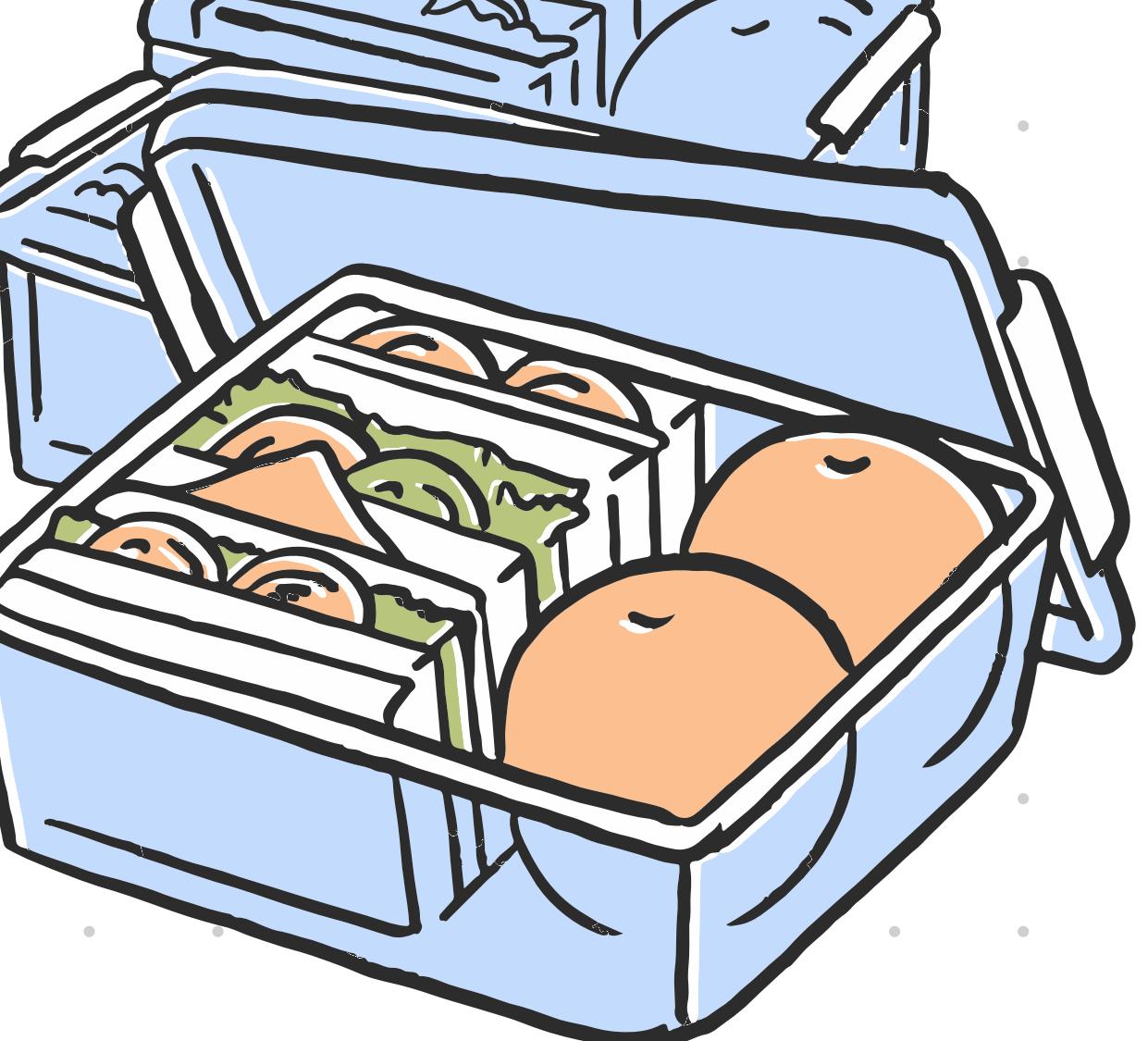


# HEALTHY PLATE MODEL



# WHY IT MATTERS?

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

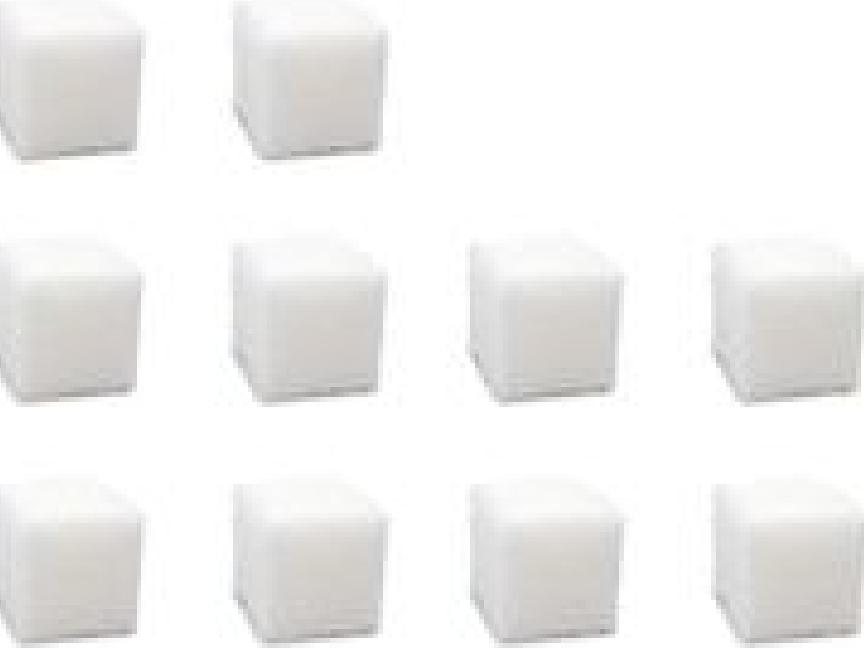


# SUGAR GAME

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)



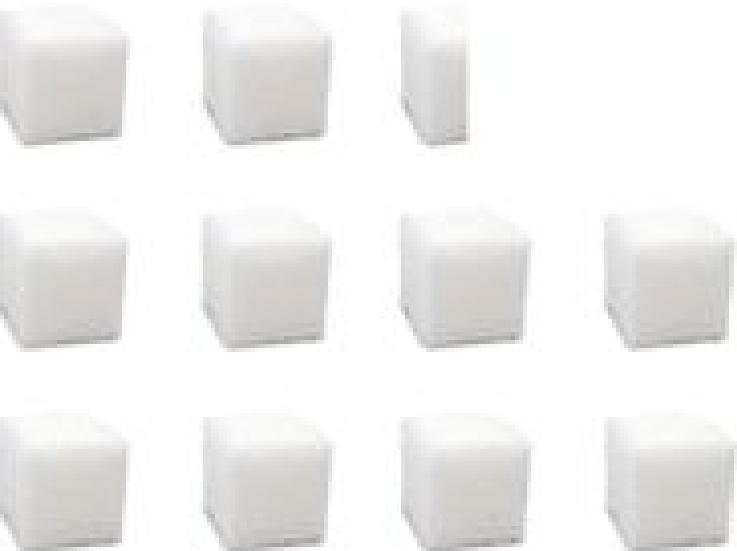
# SUGAR GAME



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?

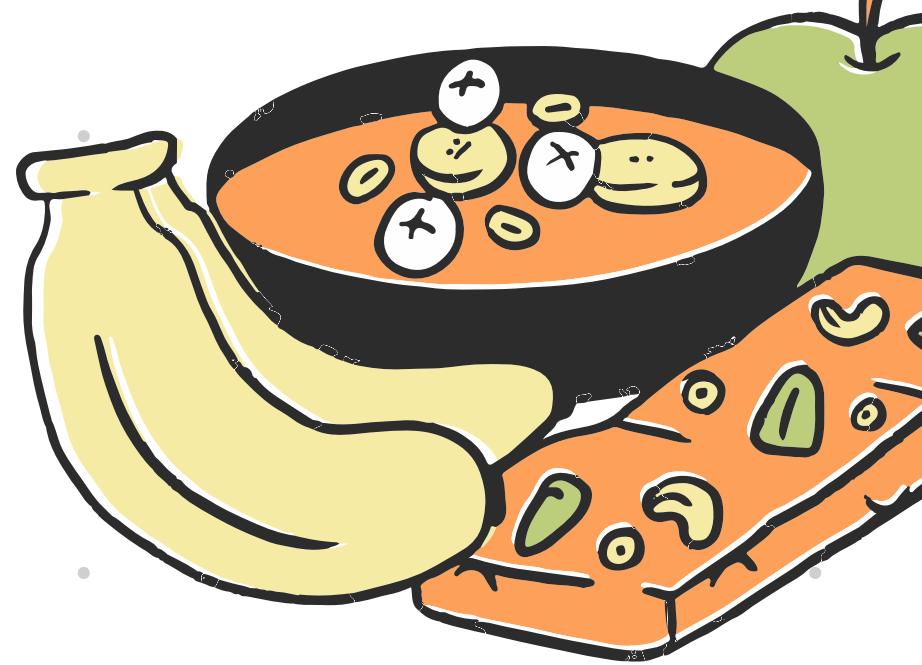
EATING FRIED FOOD  
EVERDAY IS HEALTHY

# TRUE OR FALSE?

ALL FAT IS BAD FOR  
YOU



# LET'S WRAP-UP



what is nutrition?

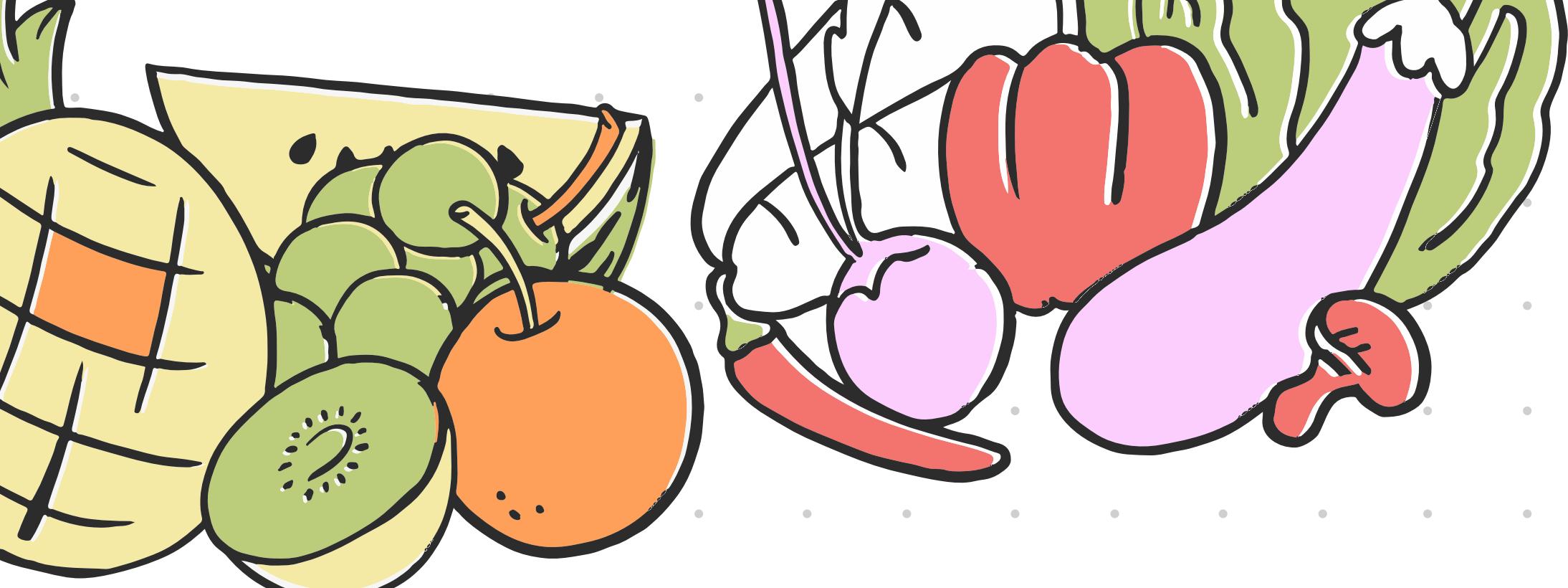
How much water should you drink per day?

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?

A colorful collage of various fruits and vegetables, including a yellow globe, a kiwi, an orange, a red bell pepper, a purple eggplant, and a green leafy vegetable.

# QUESTIONS?

A collage of various food items, including a sandwich, a bowl of cereal, a banana, and a piece of bread, arranged in the bottom right corner.