



PROPER NUTRITION

Prepared Akmanat Ordabayeva
Group ZhT-14-3K4

Proper nutrition - the key to a healthy body.

Many diseases arise because of poor nutrition. If a long time to eat biscuits, fried meat and drink soda all this, you can get gastritis, cholecystitis and dental caries. A balanced diet can not only prevent the occurrence of these problems, but also to solve existing ones.



What can be achieved by eating right?

Adjust your diet, you can reduce the appearance of chronic diseases. For example, reducing the amount of pepper in your favorite dishes, you can get rid of heartburn and gastritis.

However, you need to know when to stop and do not lean on any one type of product.



Balance of power

The basis of proper nutrition is the optimal ratio of proteins, fats and carbohydrates in food. How many of them should be contained in food for each person to find out is not difficult. It all depends on what type of activities engaged people.

Knowledge workers move a little, but the brain absorbs a lot of energy, so their diet should be 100-110 g of protein, 80-90 g of fat and 300-350 g of carbohydrates per day.

The people engaged in physical labor spend more energy the muscles, so they need 115-120 grams of protein, 80-90 grams of fat and 400 grams of carbohydrates. In addition, each person should receive daily vitamins and fiber.



General information

Fats are plant and animal.

Proteins - the building material of our cells

Carbohydrates provide energy



The basic principles of healthy eating

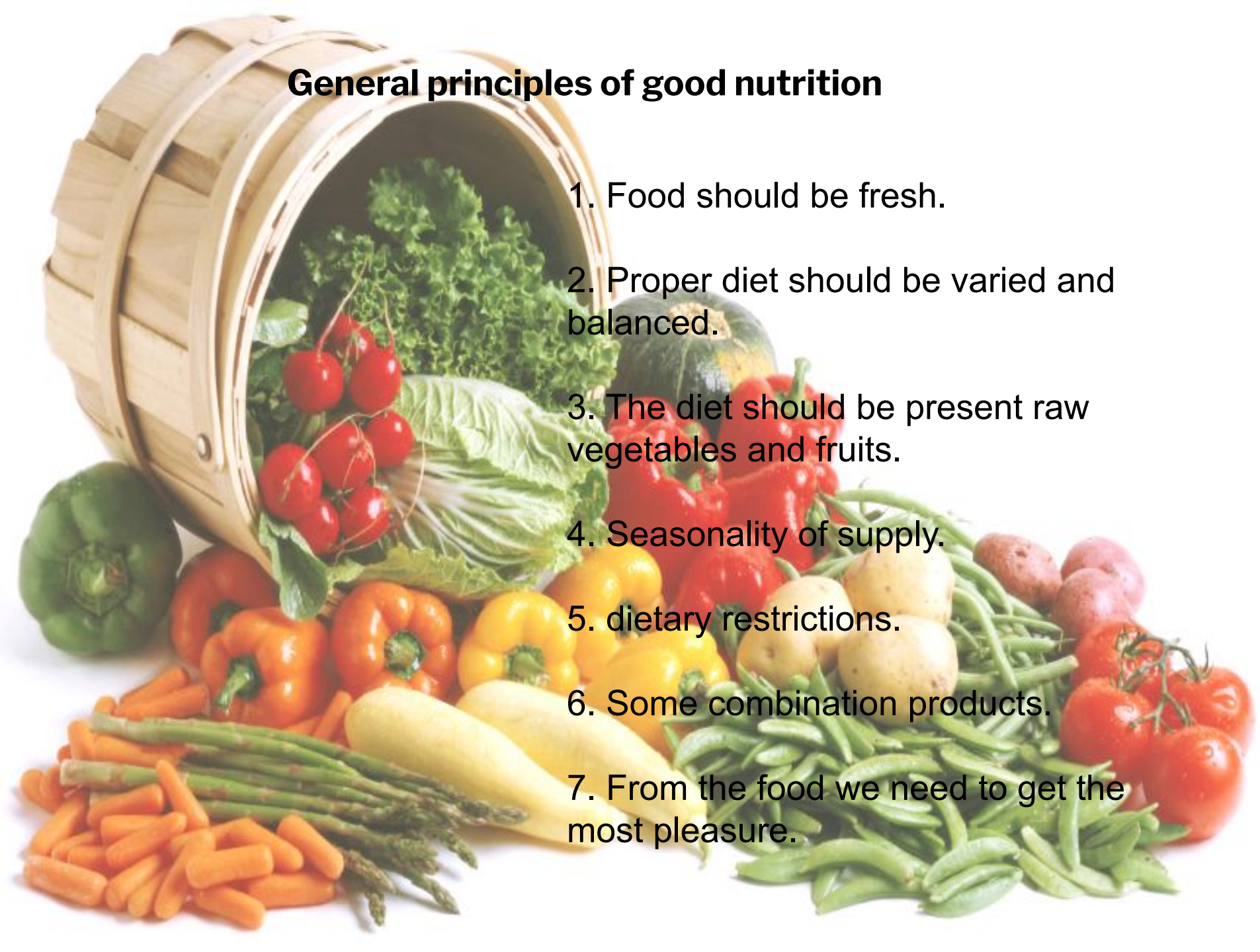
Speaking of the most common words, it should be noted that the ratio in the daily diet of protein, fat and carbohydrates should be 1: 1: 4, ie 100 grams of protein should account for 100 grams of fat and 400 grams of carbohydrates.

The food should be as diverse with the largest possible amount of fruits, vegetables, leafy greens. Should limit foods that are sources of energy - fat, and to them in our traditional diet, of course, includes sausages, sausages, sausages. They often contain at least 50% tallow.



General principles of good nutrition

1. Food should be fresh.
2. Proper diet should be varied and balanced.
3. The diet should be present raw vegetables and fruits.
4. Seasonality of supply.
5. dietary restrictions.
6. Some combination products.
7. From the food we need to get the most pleasure.



List of sources

1. Renate Tseltnier. Separate food. Directory of Health. - Sigma-press: Phoenix, 1997. - 96 p.
2. Stolmakova AI, Martynyukl.O. Popularly about nutrition. - M .: Health Year. 1990 - 272 p.
3. Vorobiev RI Nutrition and Health. - M .: Medicine. 1990. - 156 p.
4. Shevchenko VP Nutrition and longevity. - M .: University Book, Logos, 2008. - 320 p.



Thank you for
attention!