

Wellness

CAMPUS

MODULE 4 GO FOODS



GO FOODS

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Different kinds of Go foods contain different nutrients.

We should therefore eat different kinds of Go foods so that our bodies get more nutrients.



GO FOODS

When we choose Go foods that contain other nutrients, we not only get energy, but additional vitamins, minerals and fiber for our bodies as well.



GO FOODS

For example:
Potato chips, cake, *pancit*
and kamote are all energy-
providing snacks, but
kamote also has vitamins
for good eyesight and
pancit has vegetables for
added vitamins and
minerals.



GO FOODS

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Fiber also helps in regular bowel movement.



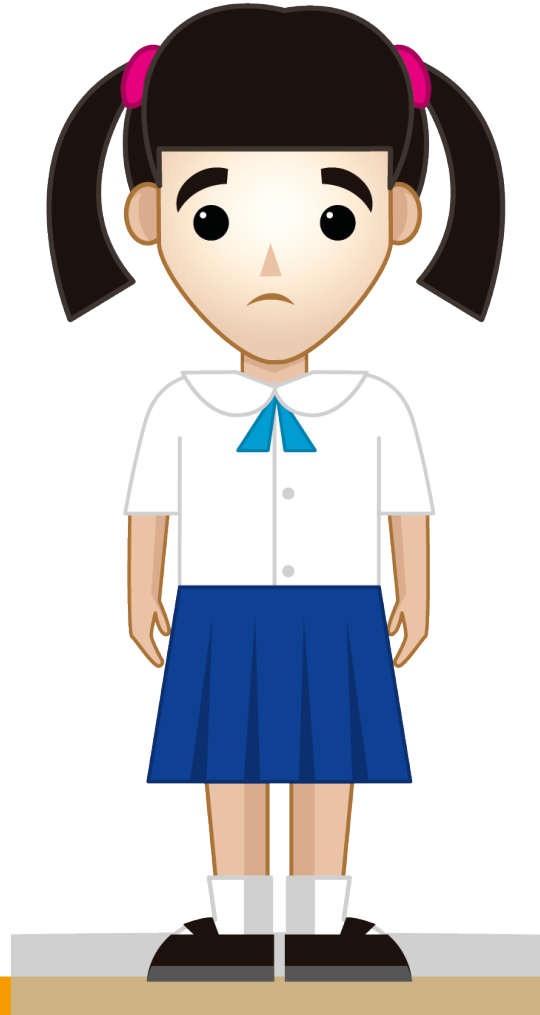
GO FOODS

We should go for whole grain products such as oatmeal and corn on the cob, which contain fiber, vitamins and minerals.



GO FOODS

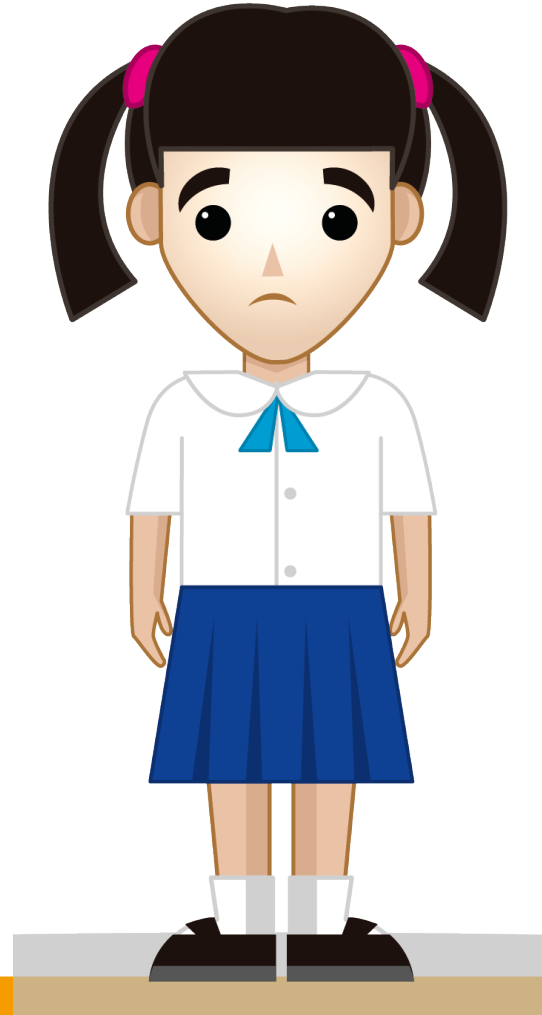
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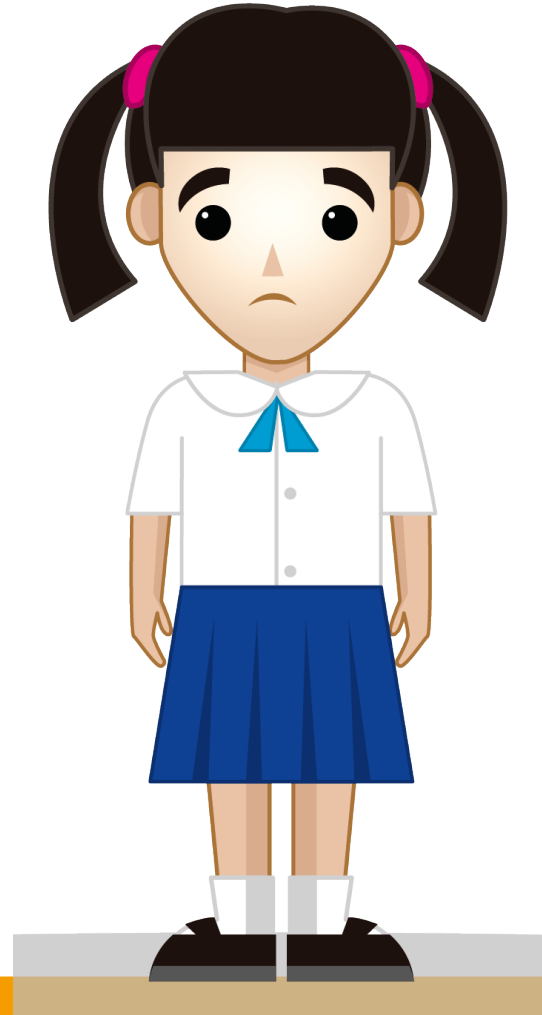
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GO FOODS

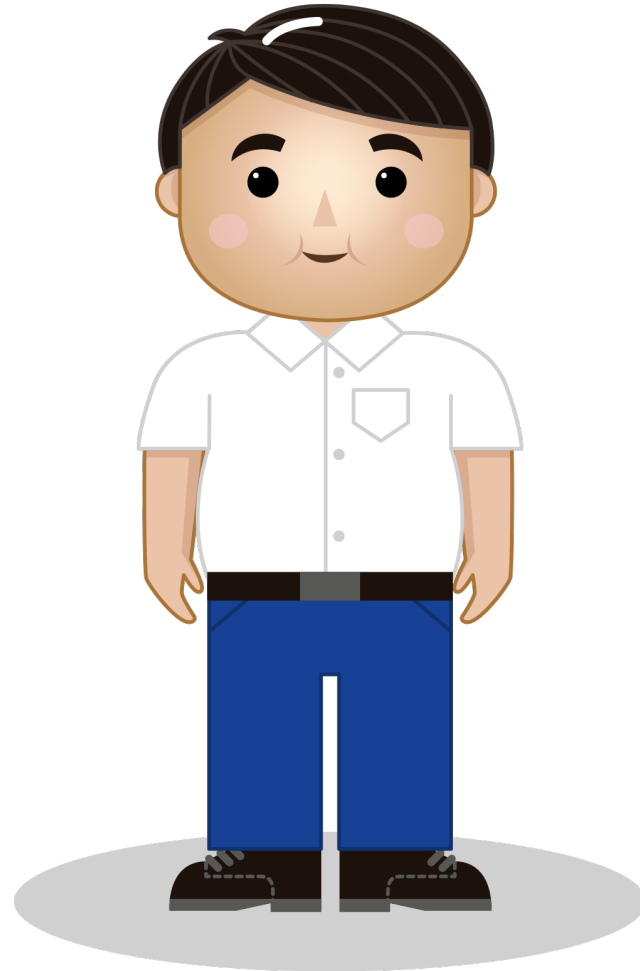
Too little intake of energy containing foods leads to **undernutrition**.

- One sign of undernutrition is being underweight.
- Prolonged undernutrition leads to stunted growth, delayed development, and proneness to infection.



GO FOODS

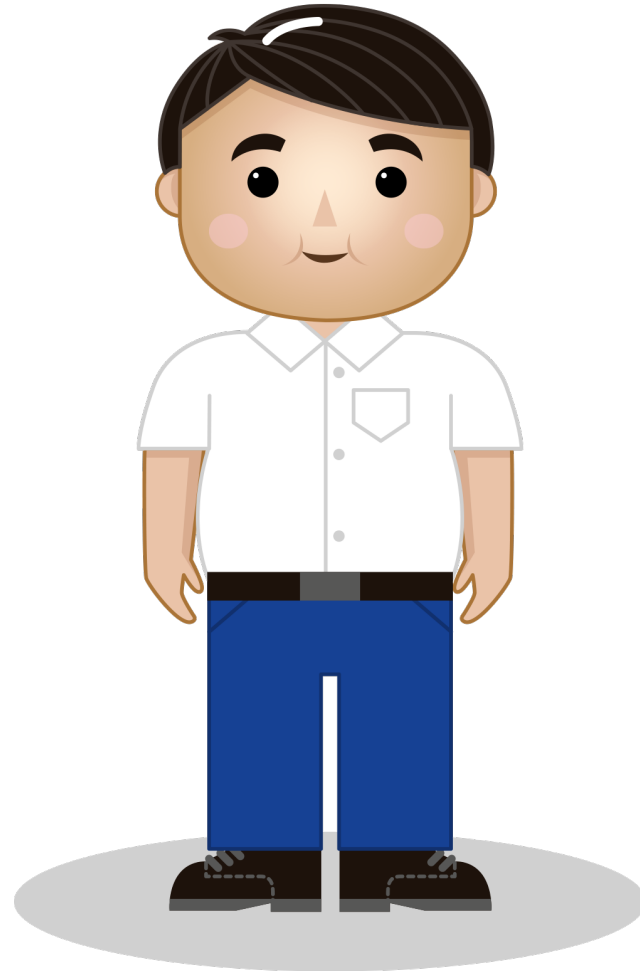
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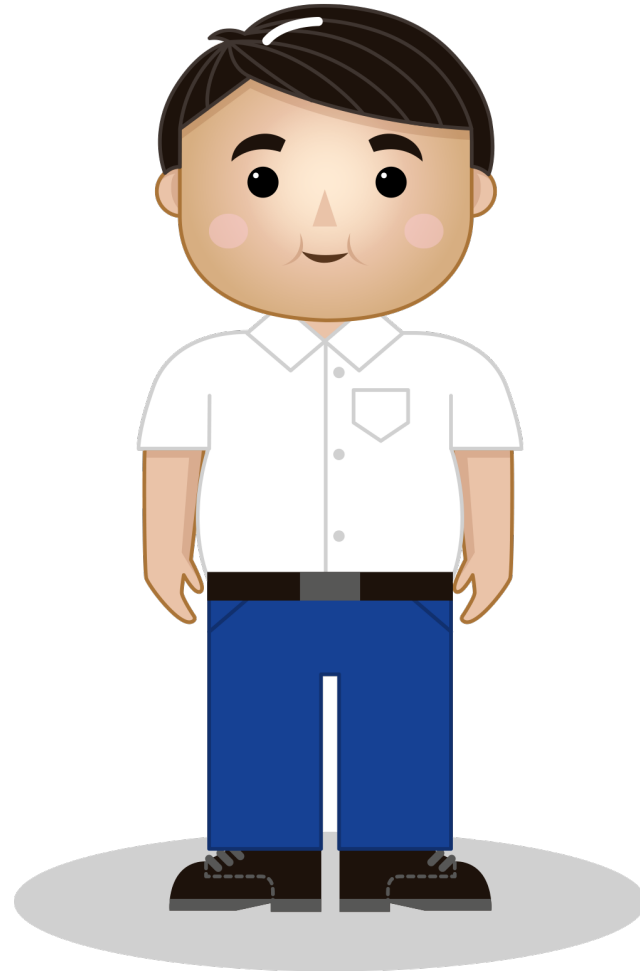
- One sign of overnutrition is being overweight.



GO FOODS

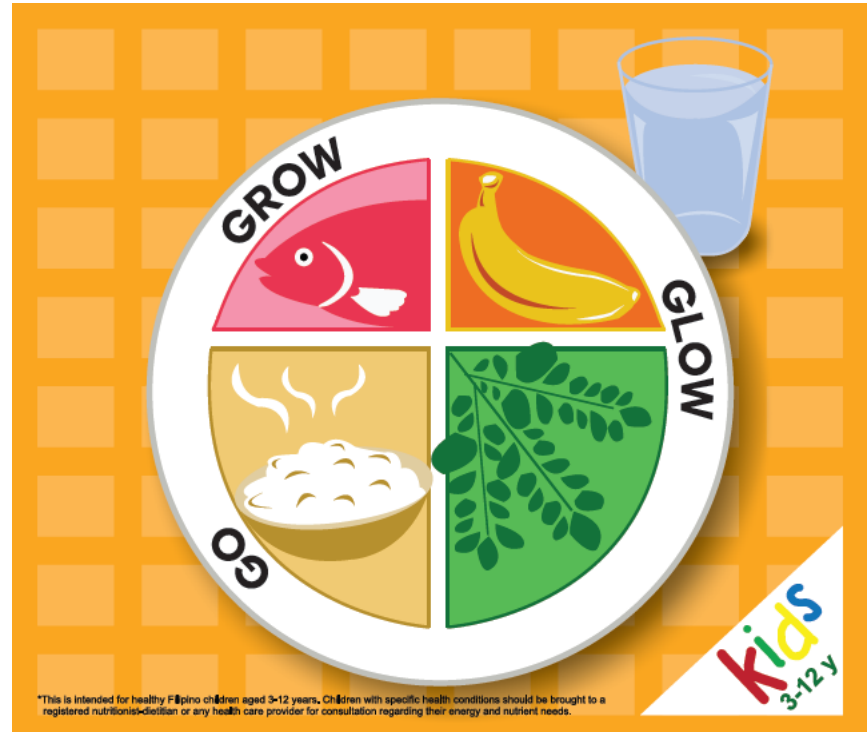
On the other hand, too much intake of energy-containing foods leads to **overnutrition**.

- One sign of overnutrition is being overweight.
- Prolonged overnutrition leads to obesity, associated with higher risk for heart disease or diabetes.



GO FOODS

To address undernutrition and overnutrition, one should follow the **Pinggang Pinoy**[®] guide for proper portions and types of food.



GO FOODS

Those who are underweight should engage in physical activity to help build strong bones and muscles.



GO FOODS

Those who are overweight should increase physical activity to burn calories and manage weight.

