

Wellness

CAMPUS



MODULE 4 GO FOODS



GO FOODS

Go foods are also called energy-giving foods.



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They contain **carbohydrates** and **fats** that give our bodies the energy we need to meet the demands of our more active lifestyles.



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For example:

Potato chips, cake, *pansit* 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

We should choose Go foods that not only give energy, but contain additional vitamins, minerals and fiber.

For example:

We can eat white rice or brown rice during meals, but brown rice contains more fiber, which helps us to feel full.

Fiber helps in regular bowel movement.



GO FOODS

We should choose Go foods that not only give energy, but contain additional vitamins, minerals and fiber.

For example:

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



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The energy found in food is called **calories**. Calories give our bodies the energy to fuel activities.



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The more active we are, the more calories we need. The main source of calories in our diet comes from Go foods.



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Weight management is actually managing the amount of calories we take in and the amount of calories we use up (or "burn") through day-to-day activities and exercise.



GO FOODS

If your calorie intake is consistently higher than the calories you burn (i.e. you are not very active) you will tend to gain weight.



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If your calorie intake is consistently higher than the calories you burn (i.e. you are not very active) you will tend to gain weight.

On the other hand, if your calorie is consistently lower than the calories you burn (i.e. you are very active) you will tend to lose weight.



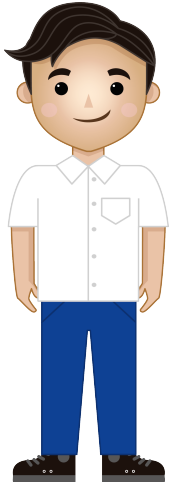
GO FOODS

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Males

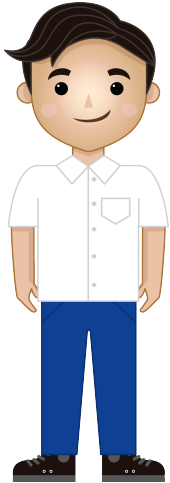


- 2 cups of cooked rice
- 8 pieces of small pandesal
- 8 slices of small loaf bread
- 2 cups of cooked noodles
- 2 medium pieces of root crop (e.g. kamote)

GO FOODS

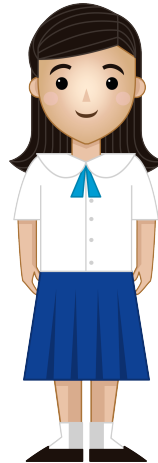
Adolescents should aim to eat any of the following portions with each meal:

Males



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- 8 slices of small loaf bread
- 2 cups of cooked noodles
- 2 medium pieces of root crop (e.g. kamote)

Females



- 1.5 cups of cooked rice
- 6 pieces of small pandesal
- 6 slices of small loaf bread
- 1.5 cups of cooked noodles
- 1.5 medium pieces of root crop