A vibrant collage of various fruits and vegetables. In the top left, there's a cantaloupe melon and a bunch of green grapes. Next to them are dark purple leafy greens and a yellow bell pepper. To the right, a bunch of ripe yellow bananas is prominent. Below the grapes, there's a watermelon slice and a bunch of red radishes. The bottom section features a large cluster of white grapes, several red tomatoes, a yellow lemon, and a bunch of green beans. Other visible items include a purple eggplant, a red bell pepper, and several onions. The overall composition is a rich, colorful display of fresh produce.

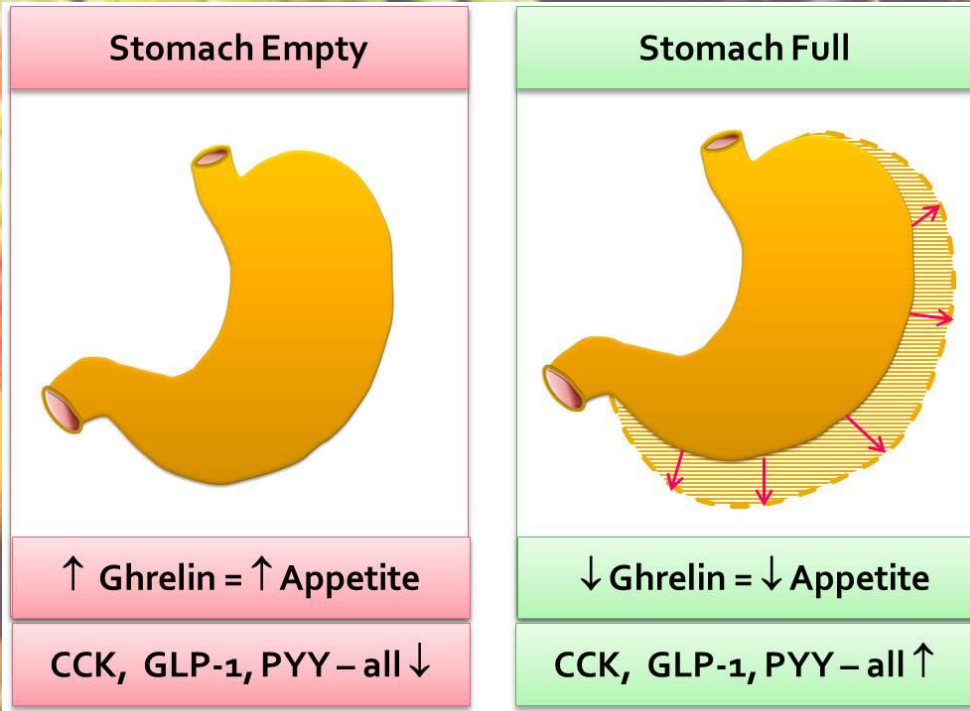
FOOD!

A vibrant collage of various fruits and vegetables. The top half features items like a melon, green grapes, asparagus, purple lettuce, yellow and brown bell peppers, a green pepper, a bunch of bananas, a tomato, and an artichoke. The bottom half includes yellow grapes, red tomatoes, yellow pears, white onions, green beans, a red bell pepper, and a purple eggplant. The text "FIRST... WHAT DO YOU LIKE TO EAT?" is overlaid in the center in a bold, orange font.

FIRST... WHAT DO YOU LIKE TO EAT?

Need

Because it's really good....





Nutrition

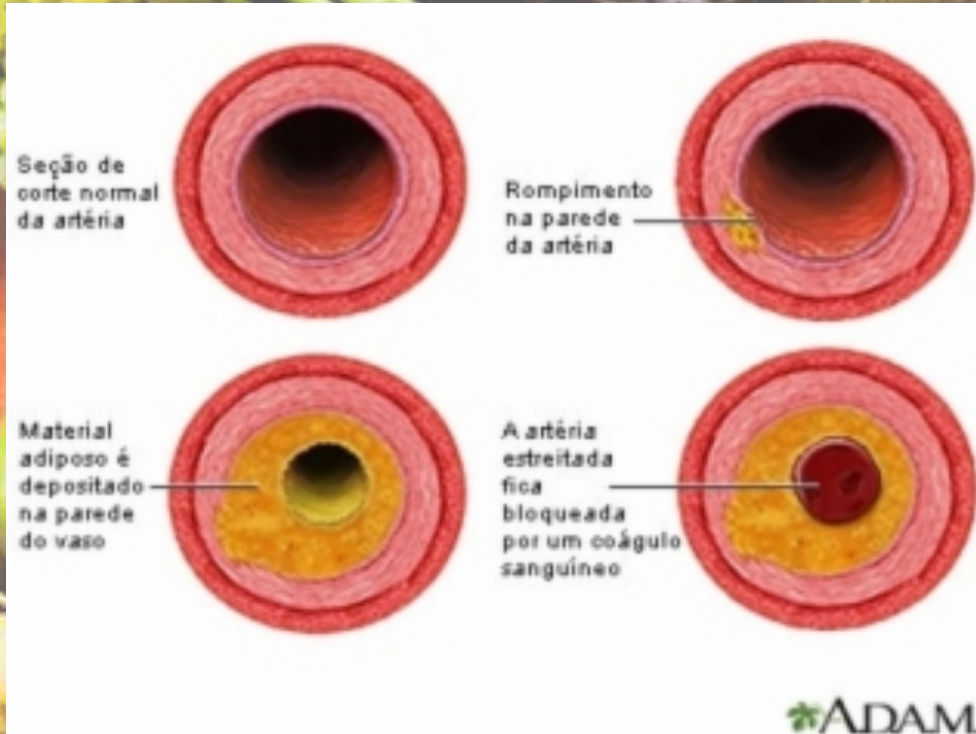
- It is the science that investigates and controls the relationship between man and his food for the preservation of good health
- You are what you eat, having a bad alimentation affects directly your health

Health Problems Caused By Bad Nutrition

Mal Nutrition



High Blood Pressure



Paying Attention

INFORMAÇÃO NUTRICIONAL / INFORMACIÓN NUTRICIONAL / NUTRITIONAL INFORMATION

Porção de / Porción / Portion 30 g (3 Biscoitos / Galletas / Biscuits)

Quantidade por porção / Cantidad por porción / Quantity per portion		% VD[*]/%DV[*]
Valor energético/ Caloric Value	130 kcal = 546 kJ	7%
Carboidratos/ Carbohidratos / Carbohydrates	21 g	7%
Proteínas/ Proteínas	2,3 g	3%
Gorduras totais / Grasas totales/ Total fat	4,0 g	7%
Gorduras saturadas/ Grasas Saturadas/Saturated Fat	1,3 g	6%
Gorduras trans/ Grasa Trans/ Trans Fat	não contém/no contiene/doesn't contain	**
Fibra alimentar/ Fibra alimentaria/ Dietary fibre	1,1 g	4%
Sódio/ Sódium	117 mg	5%

*%Valores Diários de referência com base em uma dieta de 2.000 kcal ou 8.400 kJ. Seus valores diários podem ser maiores ou menores dependendo de suas necessidades energéticas. **VD não estabelecido. *% Valores diarios de referencia con base a una dieta de 2.000 kcal o 8.400kJ. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades energéticas. **VD no establecido. *% Daily Reference Value based on a diet of 2.000Kcal or 8.400kJ. Daily values could be superior or inferior depending on your energetic necessity. **DV nor established.

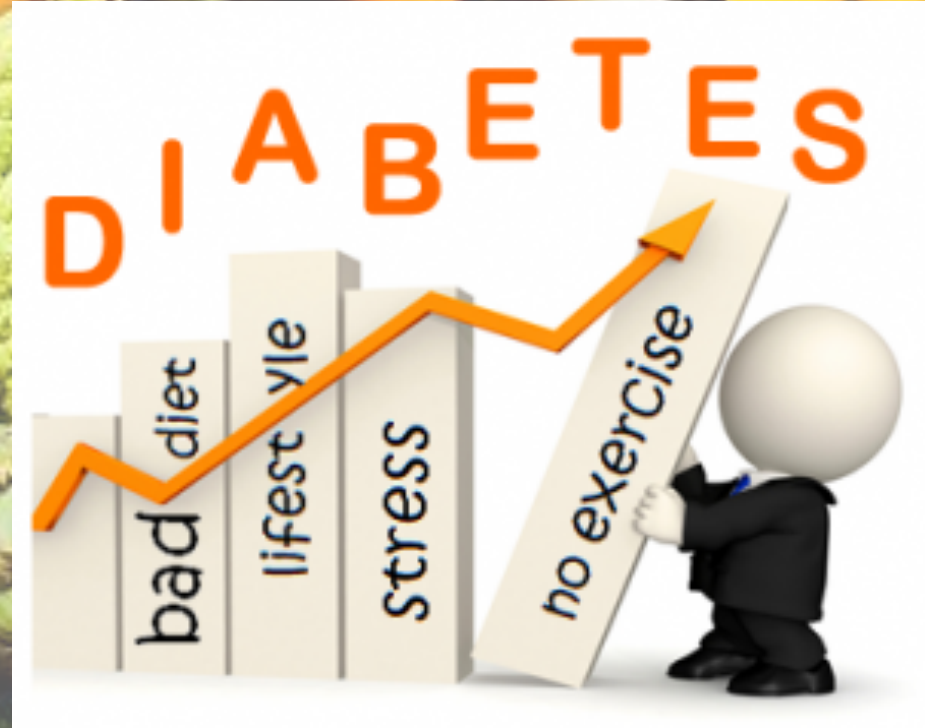
NUTRITIONALCOMPASS® Marca Registrada de Sociéte des Produits Nestlé S.A.



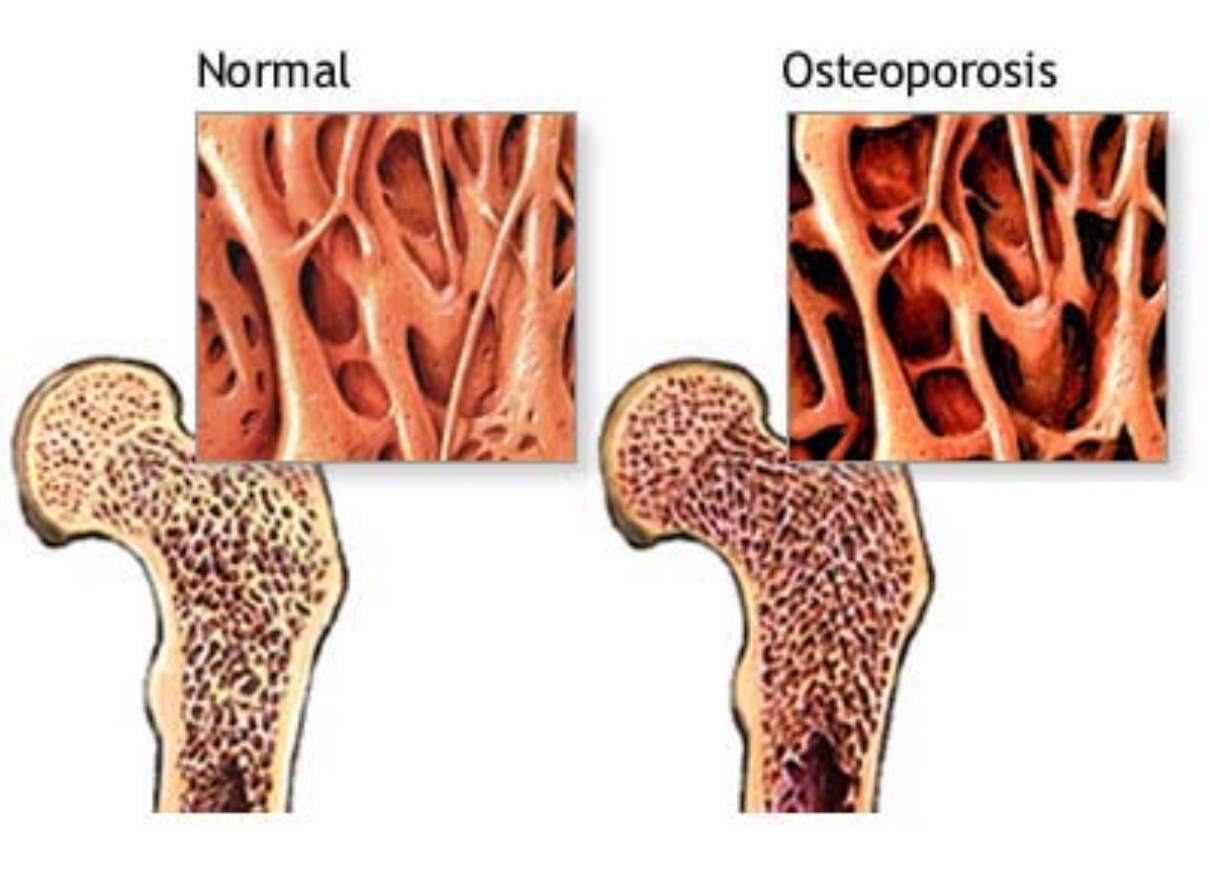
	25 g	Pringles	Ruffles	Sensações	Stax
Valor Energético		134 Kcal	141 Kcal	138 Kcal	128 Kcal
Carboidratos		14 g	12 g	12 g	14 g
Proteínas		1,2 g	1,6 g	1,6 g	1,7 g
Gorduras Totais		8,1 g	9,7 g	9,1 g	7,2 g
Gorduras Saturadas		1,2 g	4,1 g	1,1 g	0,7 g
Gorduras Trans		0 g	0 g	0 g	0 g
Gorduras Mono		-	-	6,1 g	-
Gorduras Poli		-	-	1,4 g	-
Colesterol		-	-	2,4 mg	-
Fibra Alimentar		0,6 g	0,6 g	0,6 g	0,7 g
Sódio		129 mg	129 mg	82 mg	118 mg

FechandoZipper.com

Diabetes



Osteoporosis



Obesity

Table 1. Patients distribution according to BMI, and obesity categories (normal, overweight, obesity grades I, II, and III).

Obesity	BMI	N	%
normal	19-25	-	-
Overweight	26-30	5	6.8
Obesity I	31-35	12	16.2
Obesity II	36-40	10	13.5
Obesity III	>41	47	63.5



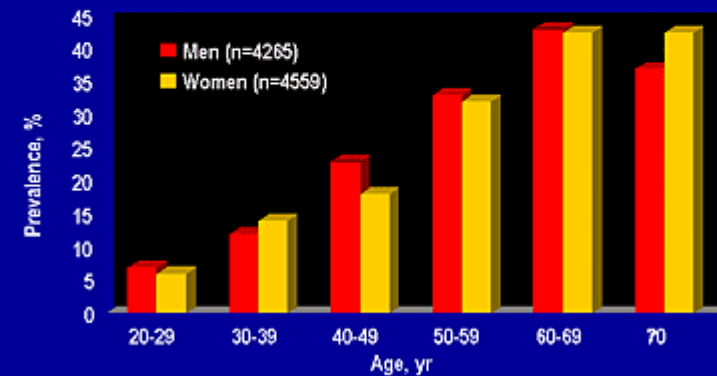
Metabolic Syndrome

ATP III Criteria for Metabolic Syndrome

- Central obesity
 - Men > 40 inches waist circumference
 - Women > 35 inches waist circumference
- Fasting triglycerides ≥ 150 mg/dl
- HDL cholesterol
 - Men < 40 mg/dl
 - Women < 50 mg/dl
- Blood pressure $\geq 130/85$ mm Hg
- Fasting glucose ≥ 110 mg/dl

Metabolic Syndrome: Prevalence Increases With Age

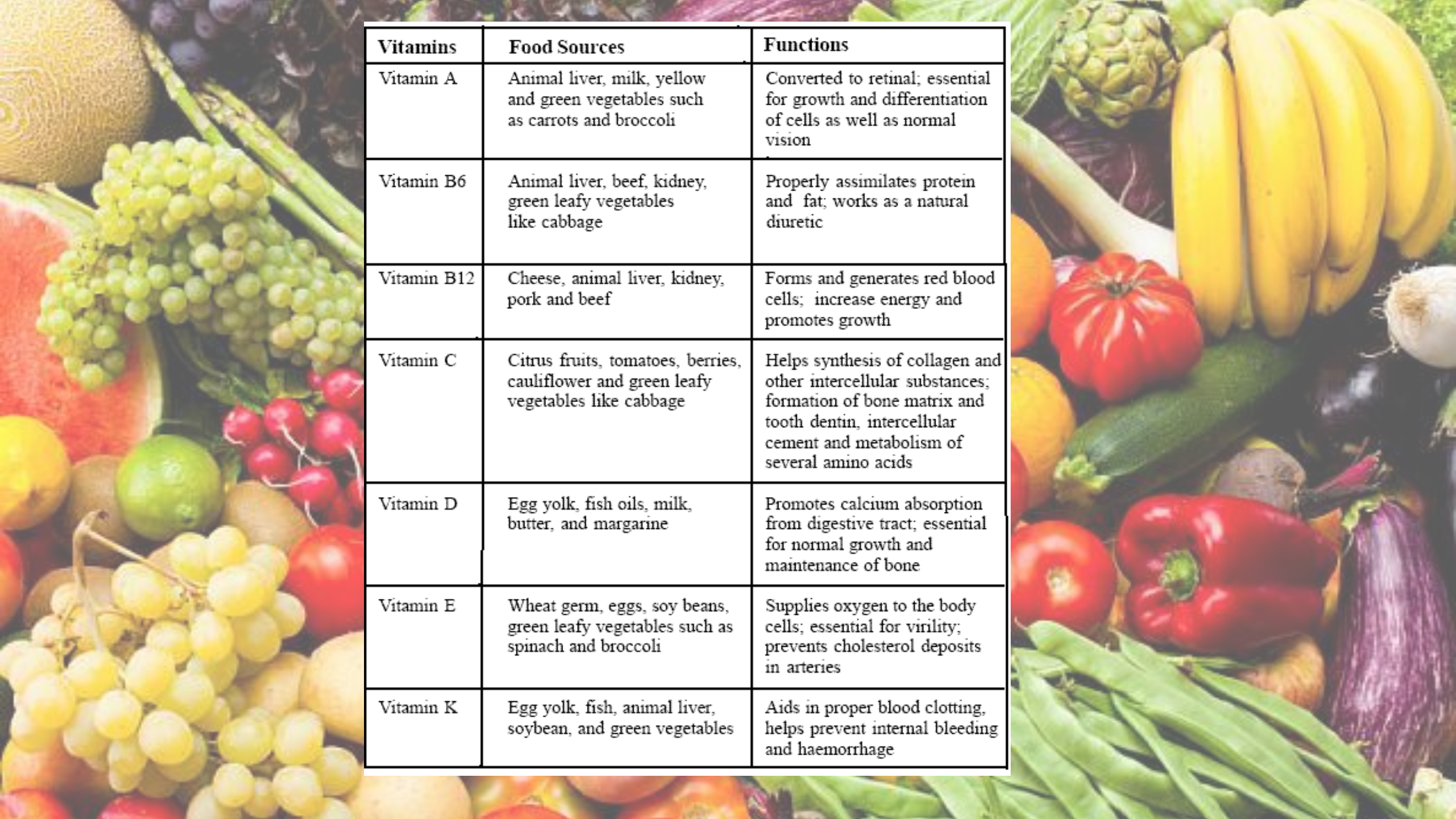
47 million or 23% of US Adults Have Metabolic Syndrome



Adapted from: Ford ES, et al. *JAMA*. 2002;287:356-359.

So how to be Healthy???





Vitamins	Food Sources	Functions
Vitamin A	Animal liver, milk, yellow and green vegetables such as carrots and broccoli	Converted to retinal; essential for growth and differentiation of cells as well as normal vision
Vitamin B6	Animal liver, beef, kidney, green leafy vegetables like cabbage	Properly assimilates protein and fat; works as a natural diuretic
Vitamin B12	Cheese, animal liver, kidney, pork and beef	Forms and generates red blood cells; increase energy and promotes growth
Vitamin C	Citrus fruits, tomatoes, berries, cauliflower and green leafy vegetables like cabbage	Helps synthesis of collagen and other intercellular substances; formation of bone matrix and tooth dentin, intercellular cement and metabolism of several amino acids
Vitamin D	Egg yolk, fish oils, milk, butter, and margarine	Promotes calcium absorption from digestive tract; essential for normal growth and maintenance of bone
Vitamin E	Wheat germ, eggs, soy beans, green leafy vegetables such as spinach and broccoli	Supplies oxygen to the body cells; essential for virility; prevents cholesterol deposits in arteries
Vitamin K	Egg yolk, fish, animal liver, soybean, and green vegetables	Aids in proper blood clotting, helps prevent internal bleeding and haemorrhage

MORE REASONS TO EAT FRUIT!

Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate

Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pineapples help fight arthritis



Blueberries protect your heart

Kiwis increase bone mass



Mangos protect against several kinds of cancer



WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR
BODY TEMPERATURE

MAKES UP 83%
OF YOUR BLOOD

REMOVES
WASTE

COMPOSES 22%
OF YOUR BONES

CUSHIONS YOUR
JOINTS

HELPS CARRY
NUTRIENTS
AND OXYGEN
TO YOUR
CELLS

MOISTENS
OXYGEN
FOR BREATHING

HELPS CONVERT
FOOD TO
ENERGY

PROTECTS AND
CUSHIONS YOUR
VITAL ORGANS

HELPS YOUR BODY
ABSORB NUTRIENTS

MAKES UP 75% OF
YOUR MUSCLES

