



A guide for absolute beginners to food content and taking your first steps towards healthier eating

Food groups

This group of foods contains:

What do these ingredients do?

Results

meat (from europe)

fish

cheese

Understanding nutrition - Simple Guide to Food chemistry

Written by NHA

Friday, 11 February 2011 11:16 - Last Updated Saturday, 15 February 2014 12:28

☐ free range eggs

☐ milk

☐ butter

☐ cream

☐ yogurt

☐ mayonaisse

☐ Lots of protein

☐☐

☐ some vitamins

☐ & minerals

☐

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Written by NHA

Friday, 11 February 2011 11:16 - Last Updated Saturday, 15 February 2014 12:28

☐ non-trans-fats

☐ Protein provides the building blocks for body building, growth & repair.

☐

☐ Vitamins & minerals enable healthy function

☐☐

☐ non-trans-fats provide some energy, protection & warmth

☐ Healthy growth

☐ fast healing

☐

☐ good immunity

☐ good mental health

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Written by NHA

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☐

☐ homeostasis

☐ most vegetables

☐ salad

☐ fruit

☐ houmous

☐ oats

☐ ryvitas etc.

☐

☐ Lots of low-GI carbs

☐☐

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☐ lots of vitamins & minerals

☐☐

☐ some protein

☐ Low GI carbs release energy at the optimal rate

☐

☐ Vitamins & minerals enable healthy function

☐

☐ Protein provides the building blocks for body building, growth & repair.

☐

☐ Energy, strength and endurance

☐ slower aging

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☐

☐ good immunity

☐ good mental health

☐

☐ Healthy growth

☐ fast healing

☐ **nuts**

☐ **olive oil**

☐ **seeds**

☐ **avocados**

☐☐

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☐ Lots vitamins & minerals

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☐ some non-trans-fats

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☐ some low-GI carbs

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☐

☐ good immunity

☐ good mental health

☐

☐ homeostasis

☐

☐ Energy, strength and endurance

☐ slower aging

☐ **honey**

☐☐

☐ Lots low-GI carbs

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☐ some vitamins & minerals

☐ Low GI carbs release energy at the optimal rate



☐ Vitamins & minerals enable healthy function



☐ Energy, strength and endurance

☐ slower aging

☐ good immunity

☐ good mental health

☐ **Non-free-range eggs**

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☐☐☐☐

☐ Some protein

☐☐

☐ veterinary antibiotics

☐☐☐

☐ estrogen hormones

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☐ Protein provides the building blocks for body building, growth & repair.

☐

☐ Prevent the animals getting sick regardless of unhygienic conditions

☐☐

☐ make the hens lay more eggs

☐ Healthy growth

☐ fast healing

☐

☐ can prevent some types of human antibiotics from working.

☐ weakens immune system

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☐

☐ can cause male breast growth

☐ can reduce human immunity

☐ can unbalance mental health

☐

☐ **Meat used in fast food meals**

☐ **meat used in sausages**

☐ **non-organic bacon**

☐ **meats from outside europe**

☐☐☐

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☐

☐ Lots high-GI carbs

☐☐☐☐☐

☐ lots trans-fats

☐☐

☐ some protein

☐

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☐

☐ veterinary antibiotics

☐☐☐

☐ BGH (bovine growth hormone)

☐☐

☐ additives (usually salt or sugar-based), colorings

☐ High GI carbs release energy very fast but most is turned to trans fats and stored (see 'trans fats')

☐☐

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☐

☐ trans fats are stored and never used except in starvation or extreme need

☐

☐ Protein provides the building blocks for body building, growth & repair.

☐

☐ Prevent the animals getting sick regardless of unhygienic conditions

☐☐

☐ anabolic steroids to make cattle or poultry 'beef up'

☐☐

☐ for preserving for longer shelf life and more attractive appearance

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Powerful short-term energy

faster aging

lower immunity

high risk of diabetes & heart disease

possible mental health disturbances



unless you are an Inuit, obesity.

high risk of diabetes & heart disease



Healthy growth

fast healing

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☐ can prevent some types of human antibiotics from working.

☐ weakens immune system



☐ increased growth

☐ faster aging

☐ can cause genital shrinking



☐ can cause mental health disturbances, insulin tolerance & various allergies

☐ **Potatoes**

☐ **corn**

☐ **wheat**

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☐ bread

☐ pasta

☐ rice

☐ flour

☐ cereals (except oats)

☐ batter

☐ soya products

☐ processed foods (eg microwave dinners)

☐ Lots high-GI carbs

☐☐

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unless you are an Inuit, obesity.

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can cause mental health disturbances, insulin tolerance & various allergies

Soft drinks (fizzy)

sugar

'diet' sweeteners

corn syrup

Lots high-GI carbs

High GI carbs release energy very fast but most is turned to trans fats and stored (see 'trans fats')

Powerful short-term energy

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