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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

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Автор: NHA

11.02.2011 11:16 - Обновлено 15.02.2014 12:28

☐ free range eggs

☐ milk

☐ butter

☐ cream

☐ yogurt

☐ mayonaisse

☐ Lots of protein

☐

☐

☐ some vitamins

☐ & minerals

☐

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☐ 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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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



☐ Lots vitamins & minerals

☐

☐ some non-trans-fats

☐☐

☐ some low-GI carbs

☐ Vitamins & minerals enable healthy function

☐

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

☐

☐ Low GI carbs release energy at the optimal rate

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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

☐ 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

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



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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☐☐☐

☐ some trans-fats

☐☐

☐ possibly additives (usually salt or sugar-based)

☐

☐ 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



for preserving for longer shelf life and more attractive appearance

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



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

faster aging

lower immunity

high risk of diabetes & heart disease

possible mental health disturbances

