



Nutrition
Ages 13+



MIRACLE
FOUNDATION

Healthy Eating Habits





Setting yourself up for success – think about planning a healthy diet as small, manageable steps.





Moderation is key – only eat as much food as your body needs as to avoid overeating.





Reduce sugar – reduce the amount of sugar you include in your diet.





Eat plenty of colorful fruits and vegetables

Low in calories



Loaded with nutrients



Bulk up on fiber

Stay regular

Lower risk for illness

Lose weight





Eat healthy carbs and whole grains





Add calcium for bone health

Milk



Cheese

Yogurt





Eat enough protein

Chicken and fish

Eggs

Beans, lentils, nuts





Eat healthy fats

Avocados

Ghee, butter, oils

Nuts





Watch your salt intake

Too much salt can lead to high blood pressure, heart disease or stroke



PAUSE UNTIL PART 6



KEY POINTS IN NUTRITION



Eating Disorders



- Anorexia
- Bulimia
- Binge eating



Food Allergies



Common food allergies:
Milk, eggs, nuts, wheat
and shellfish



Physical Activity



Aim to exercise 4-5 times a week for at least 30 minutes to an hour.



Hydration



- Regulates body temperature
- Provides lubrication for your joints
- Transports nutrients
- Gives you energy



Weight and Obesity



Obesity can lead to illnesses such as diabetes,
heart disease, and stroke

Anemia



- Fatigue
- Skin pallor
- Shortness of breath
- Dizziness
- Fast heartbeat



Diet and Emotional Health



Eat a healthy diet to maintain good mental and emotional health.

Thank you!

