

Carbohydrates

What is it?: Carbohydrates (Car-bo-hi-dry-ites) gives us **energy**– from walking to breathing

Where to find them: grains (e.g Corn, Rice), fruits, potatoes, plantains, vegetables, and cereals

Good Carbohydrates: Vegetables (especially with dark green leaves) (Insert a few Maya greens here...like Jippy Jappa etc.), fruits, plantains, cassava, beans



Bad Carbohydrates: White bread, fried foods (e.g, Fried Chicken, Potato Chips etc.)



Quantity: As many vegetables and fruits as possible!
3-5 fist size servings of beans, rice, plantains, etc.

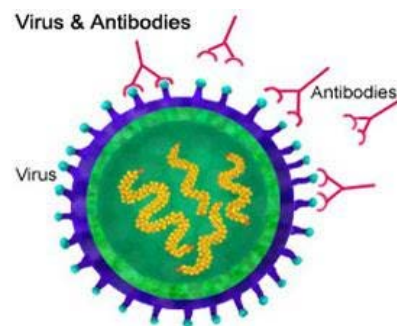
Proteins

What is it?: Proteins provide the materials for the body to **grow**. It works best for muscle growth, carbohydrate breakdown, and the growth of antibodies (ant-ti-body). Antibodies are chemicals in our bodies that guard against disease.

Muscles



Antibodies



Where to find proteins: meat, beans, lentils

Good Proteins: fish, beans, lentils, eggs



How much to eat: Around 3 servings per day. A serving could be 2 eggs, a chicken leg, a piece of Gibnut, a piece of fish, or a fist-size serving of beans. You can find many other good proteins in your village.

Fats

What is it?: Fats store energy and protect the body. Energy from fats is used when the body has burned all the energy from carbohydrates.

Where to find them: oils, avocados, butter, coconut, nuts, peanut butter

Good sources of fat: coconuts, avocados, all types of nuts



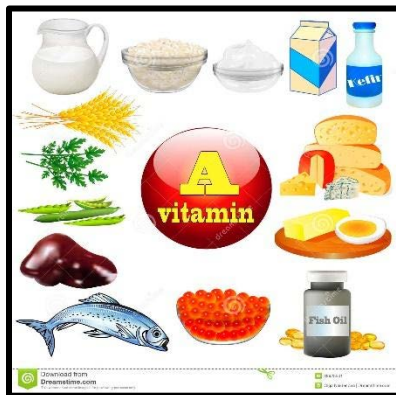
Bad Types of Fats: frying oil, butter, Lard, Packaged chips



How much fat to eat: Around 4 tablespoons per day. A handful of peanuts is about 1 ½ tablespoons. An avocado is about 1 ½ tablespoons.

Vitamins

What they are?: Good nutrients (new-tree-ents) from food that help in a variety of ways



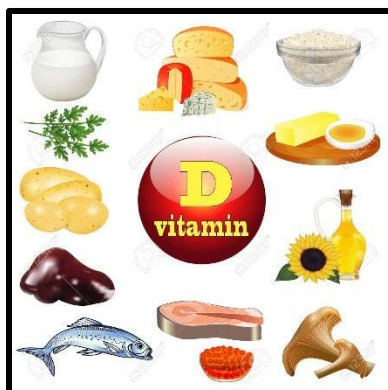
Vitamin A:
potatoes, pumpkin,
milk, fish, wild meats etc.



Vitamin B:
beans, green peas, fish,
leafy vegetables (Callaloo,
Jippy Jabba, Cohune Cabbage)
nuts, legumes, fish



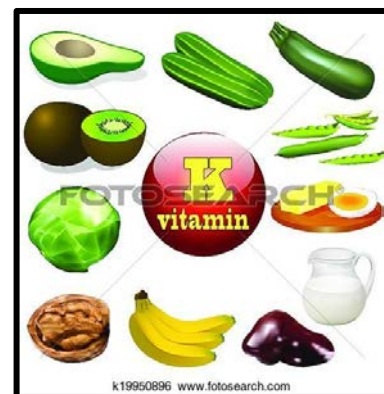
Vitamin C:
Cabbage, pineapple,
oranges, Guava, Plum etc



Vitamin D:
sunshine, eggs



Vitamin E:
Peanuts



Vitamin K:
Callaloo

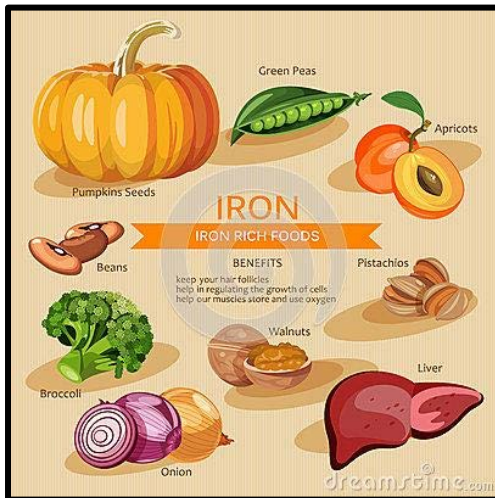
What does it do?:

Helps the body heal and grow



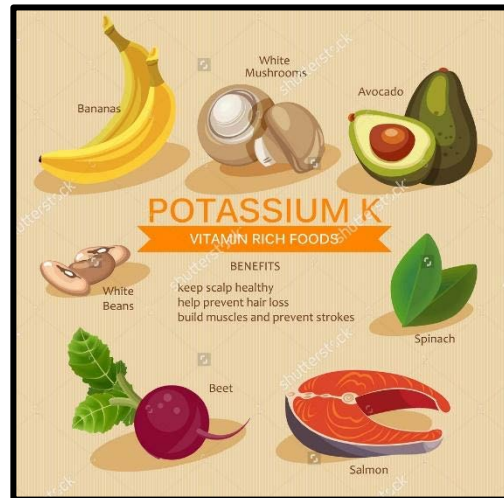
Minerals

What they are: Simple things in our in food and water



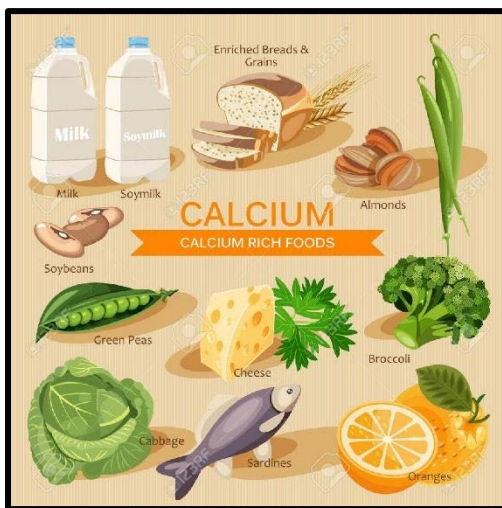
Iron

Callaloo, Fish



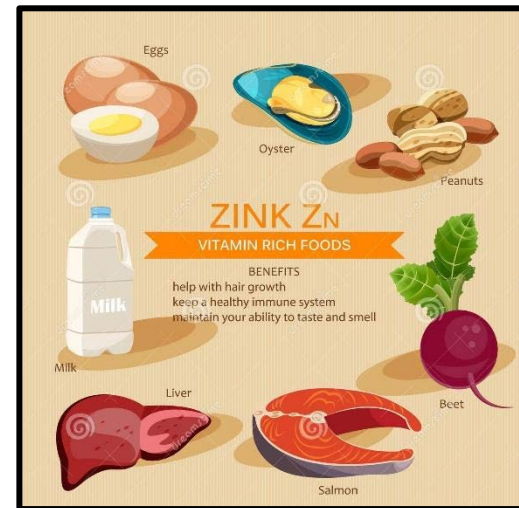
Potassium

Banana, Plantain, Potato, Cassava



Calcium

Milk, Dark Leafy Vegetables



Zinc

Fish, Eggs, Nuts, Milk

Iodine – sea water fish, iodized salt

What does it do?: speed digestion, strengthen bones