

If you  
are what  
you eat..

**NUTRITIONAL INFORMATION**

A serving [200ml] contains 130 Calories and 7.0 grams of Fat  
A 200ml [7floz] serving provides  
100ml [3 1/2floz] provide

**TYPICAL CONSUMPTION**

Energy	544KJ/130kcal
Protein	7.0g
Carbohydrate of which sugars	9.6g
Fat of which saturates	9.6g
Fibre	7.0g
Sodium	4.6g

**VITAMINS/MINERALS**

Riboflavin	0.4mg [22%RDA]	0.2mg [11%RDA]
Vitamin B <sub>12</sub>	0.8µg [80%RDA]	0.4µg [40%RDA]
Calcium	230mg [29%RDA]	115mg [14%RDA]
Phosphorus	184mg [23%RDA]	92mg [12%RDA]
Iodine	30.0µg [20%RDA]	15.0µg [10%RDA]

RDA=Recommended Daily Allowance

What  
are  
you???



**Even the space shuttle is simple when compared with the human body.**

In fact, our bodies are amazingly complex living machines that run by chemical/electrical interactions, the building blocks of which originate with our diet.

Most of us think little of what we eat. We enjoy what our taste buds have been trained to eat and what we ate as children. As good as something tastes to us, just what is happening when it gets to the 'boiler room' and the 'building and repair shop' in our cells? What is happening with our 'on board computer' as our blood hits our brain?

**There's nowhere else to get it from.**

If our body cannot get what it needs from our diet, or if it is getting the wrong stuff, we're in trouble. Our amazing body will do the best it can with what we give it, but like the space shuttle Columbia with it's damaged heat shielding tiles, the time will come when we experience a serious system failure—and as with the Columbia, it may be fatal.



**Just the facts:**

Several basic components make up the nutritional requirements needed for life and health. These are **carbohydrates (including fibre), protein, fats, vitamins, phytochemicals and antioxidants, minerals, and water.** The higher technology goes, the more complex the nature of nutrition is proven to be! We keep finding there are things in food that we never knew existed, and **our bodies need these things to function properly and at their best.**

- **Carbohydrates** are the starches and sugars (complex and simple carbohydrates). These provide energy; the sugars for the short haul, the starches break down to keep the furnace fuelled for the long haul. Approximately 65% to 70% of our intake should be carbohydrates, mostly complex carbohydrates. **The dietary fibre is extremely important.** This keeps our digestive system moving properly and carries toxic materials out of the body. **It helps us to feel at our best and helps protect us from disease processes like colon cancer, appendicitis and heart disease.**
- **Protein** is what the body uses to build and repair. **Our body makes its own proteins from the proteins in the foods we eat.** We need about 10% to 12% of our caloric intake to be protein.
- **Fats** are important for many purposes in our bodies. Among these is the cushioning of organs, the covering of the nerves, and in women the layer of fat under their skin contributes to their mysterious feminine beauty. Fats also give food much of its taste. **Fats are concentrated,** they contain twice as much energy per gram as the other food elements do. **The fats that are solid at room temperature are bad for our bodies.** It's best for our health to keep our fat intake below 20% of our total caloric intake—**most of us need to cut down on fats!**
- **Vitamins** are essential organic substances the body needs in small amounts to carry on the processes that keep us alive and healthy.
- **Phytochemicals and Antioxidants** are natural chemicals **found in plant foods** that help protect us from cancer and other health risks. We are discovering and understanding more about these all the time!

- **Minerals** are needed for the structure of substances, like the calcium in our bones and teeth, or the iron in the part of the red blood cell that carries oxygen.
- **Water** is the foundation for life. All the activities of our bodies need water to happen, and **without adequate water our bodies cannot keep clean inside.** All that is happening in our bodies produces waste materials, and these must be carried out of our bodies or we sicken and finally die. **Our bodies are about 70% water,** and like the battery in our car, without enough of it we just run down!

## Basic Four

Most of the nutritional elements needed for life originate with fruits, grains, nuts and vegetables (The plants take the minerals from the earth). When we eat animal products, we are still getting the nutrients from these sources, just second hand—the animals being living refineries. **The closer we get our foods to the natural sources the more of the good stuff we get, and the better it is for our health!**

## Engineered Foods

Because they are easier to transport and store, **we use huge amounts of processed foods.** Whether it's the cow that is doing the processing for us, or the factory, the result is the same. **The product is high in some nutrients and has little or none of others!** Because the natural fibre is removed, we eat large amounts of these foods to feel full, thus becoming over fed of some nutrients, while being undernourished of others.



**We don't have to be fat  
To suffer the disease  
Processes from too  
much fat.**

**Too much fat in our diet**-- Our bodies cannot handle the excess and we try to store it all over the place, mostly where we don't like to look at it! It also is very destructive to our hearts and blood vessels and increases our risk of cancer and type 2 diabetes. **We don't have to be fat to suffer the disease processes from too much fat.**

**Too much refined sugar**-- Refined sugar has no essential nutrients, and too much causes many imbalances. The body cannot use much of it, so we turn the excess into fat and store it. **A high fat, high sugar diet contributes to the growth of cancer cells and can lead to type 2 diabetes. High levels of sugars also impair the immune system and hinder the free circulation of the blood.**

**Too much protein**-- We cannot store it, so our body converts it to glucose, or blood sugar, which it can burn or store as fat. The result of this is the production of toxic waste materials that the body needs to eliminate, which puts a strain on the liver and kidneys. A continual high protein diet will decrease kidney function over the long haul. **It also contributes to osteoporosis by causing a leaching of the calcium from the bones.**

**Lack of fibre**-- Most refined foods have no fibre. Insufficient fibre can be very detrimental over the span of ones life. The increase of appendicitis, constipation and haemorrhoids are associated with a low fibre diet. **Many people live their entire lives fighting constipation, and a slow transit of waste increases the risk of colon cancer.**



**Your body has the ability to prevent, and aid in healing, some diseases if you give it what it needs!**

While the study of nutrition is a complex and fascinating science, the basics are simple enough for all to grasp: Eat a variety of foods from the different groups. **The more unrefined fruits, grains, nuts and vegetables we use in our diet, the healthier we will be!**



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