

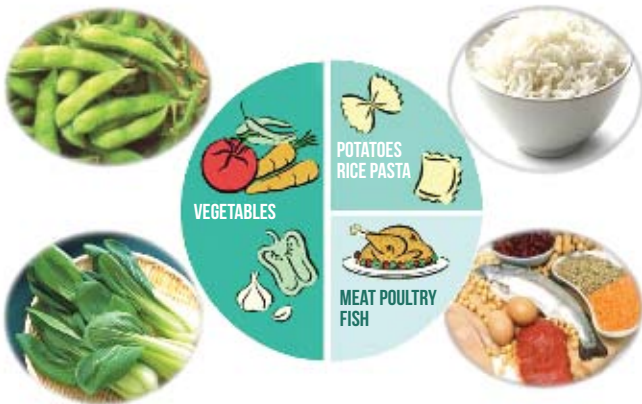
# NUTRITION FACT

## WHAT IS FOOD?



- 1 Food is anything that we consume to satisfy hunger.
- 2 We eat to live, not live to eat!
- 3 Without food we will not survive in this world
- 4 We are what we eat and how we eat them

### MY PLATE METHOD



### CARBOHYDRATES

Our main source of energy



### MINERAL

Those inorganic elements occurring in the body and which are critical to its normal functions.



### GOOD FATS



### BAD FATS

### FATS

one source of energy and important in relation to fat soluble vitamins.



### PROTEINS

Essential to growth and repair of muscle and other body tissues.



## VITAMINS

Water and fat soluble vitamins play important roles in many chemical processes in the body.



## WATER

Essential to normal body function – as a vehicle for carrying other nutrients and because 60% of the human body is water.

Sources from: [www.forealyo.com](http://www.forealyo.com)  
<https://en.wikipedia.org>

# EXCELLENCE IS A HABIT

In our daily live we need to consume all the carbs, protein, vitamin, mineral, fat and water.



**BREAKFAST**  
7:00 AM

**EXAMPLE** • 2 half boiled eggs with a fruit or veggies. Excellent source of protein to repair and growth tissues



**SNACK**  
9:30 AM

**EXAMPLE** • yogurt or mixed nuts. To sustain energy and maintain protein intake.



**LUNCH**  
12:00 PM

**EXAMPLE** • chicken breast, fish, mixed veggies.



**PRE-WORKOUT**  
3:30 PM

**EXAMPLE** • banana, almond butter on a whole grain. To provide energy before workout.



**POST-WORKOUT**  
6:00 PM

**EXAMPLE** • protein intake. To repair muscles tissue



**DINNER**  
7:00 PM

**EXAMPLE** • fish, chicken and beef



**LATE SNACK**  
9:00 PM



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