

Chapter 10: Nutrition

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PCH 201 Wellness
Section 02



Introduction



Name: Ronnie Pinkard



Major: Finance



Some of your favorite things: Jiu jitsu,
working out,



Dream you would like to achieve in your
life: Become a successful entrepreneur



Secret Talent: I can do a duck call

Why Focus on Nutrition?



Learn more about how nutrition effects us outside of our personal health.



Can Reduce or Increase chance of contracting serious diseases.

Benefits of a Balanced Diet



Carbohydrates (including vegetables, fruits, grains) give you energy.



Vitamins regulate body processes.



Water gives cells shape and acts as a medium where body processes can occur.



Healthy diets may increase focus and lengthen your lifespan

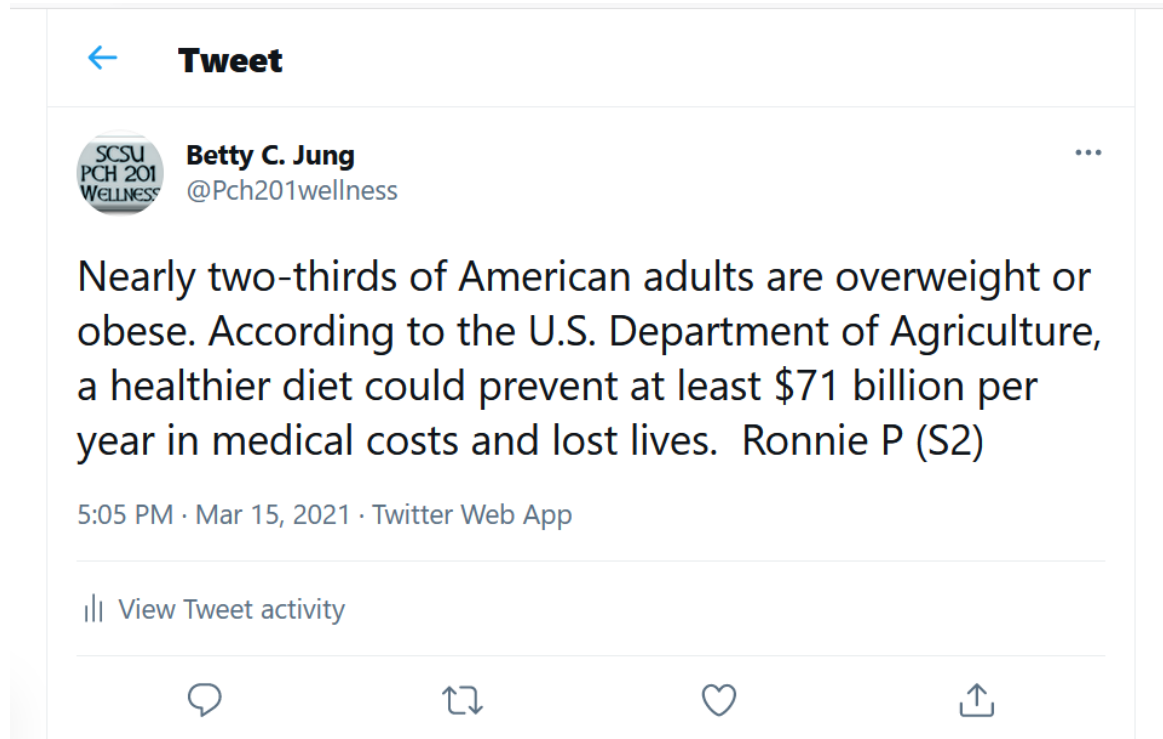
Effects of Poor Nutrition

- ▶ Contributes to many costly diseases, including obesity, heart disease, and some cancers
- ▶ Low rates of breastfeeding add more than \$3 billion a year to medical costs for women and children in the United States.
- ▶ In the United States, 19% of young people aged 2 to 19 years and 40% of adults have obesity, which can put them at risk for heart disease, type 2 diabetes, and some cancers. In addition, obesity costs the US health care system \$147 billion a year.

Conclusions

- ▶ A Balanced Diet Helps:
 - ▶ Improve and maintain good physical and mental health
 - ▶ Save you a substantial amount of money by reducing the chance of contracting a chronic illness or disease

Tweet Screenshot



PRO References

- ▶ <https://www.hiv.va.gov/patient/daily/diet/overview.asp>
- ▶ <https://www.unitypoint.org/livewell/article.aspx?id=ff0de079-682c-4f1a-b686-6b5b50e2f541>

CON References

- ▶ <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>
- ▶ <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>