

FOOD FOR THOUGHT

Nutritional value of food

SUSANA HERNÁNDEZ 5 DE ABRIL DE 2022 08:46

NUTRITIONAL VALUE OF MEAT

chicken

Chicken meat is an important source of nutrients such as proteins, lipids, Vitamin 3 and minerals such as calcium, iron, zinc, sodium, potassium and magnesium, among others. Easily digestible. Most of the body fat in chicken is in the skin, so removing the skin reduces fat intake. This makes the meat easily digestible and can be eaten by people of any age.

Thalia



NUTRITIONAL VALUE OF FISH

Salmon

The fish I have chosen is salmon. It is a source of high-quality protein, vitamins (vitamin D, B vitamins), minerals (potassium and phosphorus) and antioxidants (selenium and vitamin E, salmon provides Omega 3 fatty acids, an essential nutrient that can help reduce risk factors for disease

Pd:Miguel Jesus



Sardine

Also called Parrocha or Souba. It's a blue fish and salt water. Lives in waters from 12 to 24 degrees. The sardine belongs to the Clupeidae family, order Clupeiformes, one of the groups of fish most abundant pelagic and distributed throughout the world, whose fishing is very important from the economic and nutritional point of view

María.A



NUTRITIONAL VALUE OF FRUITS

STRAWBERRY

It contains few calories, only between 30 and 35 per 100 grams. Therefore, they are perfect for diets that seek to lose weight.

They contain anthocyanins, which are pigments that help reduce cholesterol and the risk of hypertension.

They are very rich in water, vitamins, antioxidants, potassium and calcium. Therefore, they have important moisturizing properties.

They are rich in vitamins, especially C. This means that they provide us with the necessary defenses to deal with colds and other viruses, as well as being an excellent natural anti-inflammatory.

They have a large amount of fiber, so they help fight constipation.

They put us in a better mood, since they have vitamin B1, which is known as the mood vitamin.

They protect and moisturize the skin and hair, as they are kept in better condition thanks to their high content of Omega-3, magnesium and copper.

They contain flavonoids and phenols, so they help us keep the brain in good condition and slow down the aging of cells.

They help bone health thanks to their high amount of magnesium, potassium and vitamin K.



Oranges

The orange is one of the fruits with the highest content of vitamin C, in addition to vitamin A, folate, fiber and potassium. It is good for constipation and helps fight anemia. It also improves the function of the digestive system, protects against cardiovascular diseases, controls high blood pressure, helps control blood sugar, strengthens the immune system, slows down aging and improves eye health.

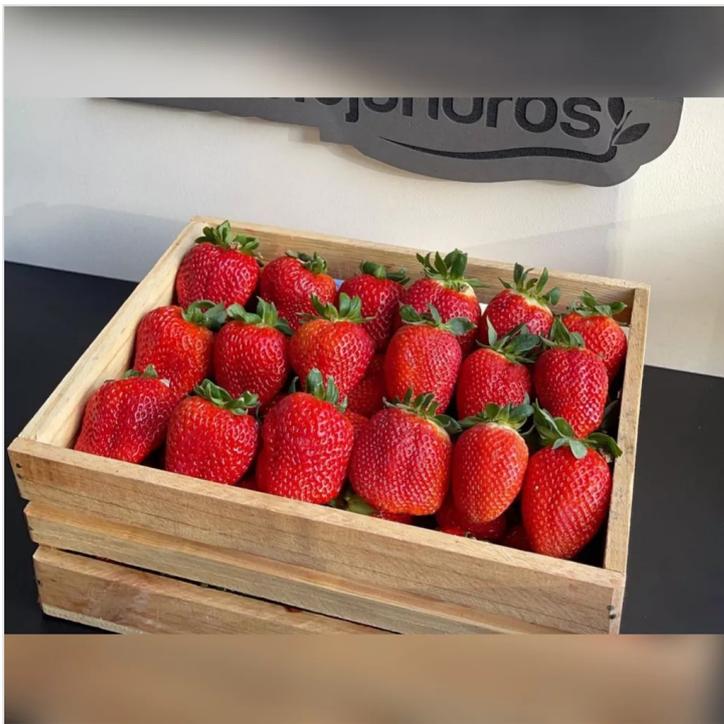
Tania



Watermelon is rich in nutrients such as vitamin A, B, C and potassium .

The white part of the watermelon contains a large amount of vitamins and minerals, it is perhaps the most important part of this fruit, the green part is full of chlorophyll crystals, a pigment that helps detoxify the body and purify the blood.

Victoria



Pitaya

In addition to being a very refreshing fruit, it is a source of natural antioxidants , it contains vitamin C, captin properties, which help to relax the nervous system. In addition, it has vitamin B2, vital for red blood cells. Prevents respiratory diseases such as cold or flu. And also helps fight anemia.

Gemma



Cherry

Nutritional value:

Cherry is rich in carbohydrates, mainly simple sugars such as fructose, glucose and sucrose, although its caloric value is moderate compared to other fruits. It provides considerable amounts of fiber, which improves intestinal transit.

As far as its vitamin content is concerned, they are present in small quantities vitamin C, thiamin, folate and provitamin A. It has significant amounts of potassium and, to a lesser extent, magnesium, iron, phosphorus and calcium, the latter of which is less useful than that which comes from dairy products or other foods that are a good source of said mineral.

Daniela.



NUTRITIONAL VALUE OF VEGETABLES

Remolacha

Beets are a source of fiber. Allies against high blood pressure. They provide energy. Allies against inflammation. Helps detoxify the body. It could contain anti-cancer properties. Beets are a good option during pregnancy.

~ Silvana ~



NUTRITIONAL VALUE OF GINGER

WHAT IS IT? Ginger has a long history of use in various forms of traditional and alternative medicine. It has been used to aid digestion, reduce nausea, and help fight the common cold and flu. **BENEFITS** Helps treat nausea. Protects against stomach ulcers. Relieves joint and muscle pain. Relieves inflammation. Promotes good health of the digestive system. Blocks bacterial infections. **How ginger is used in cooking?** It is ideal, fresh and grated, to add to salads, sauces and stir-fries, to marinate meat or fish, to add to stir-fries, to perfume oils before frying... It gives a very special touch if you add it at the end as it helps to enhance the flavor. taste of many dishes. **VITAMINS** Ginger is an important source of minerals such as manganese, iron, magnesium, zinc, potassium, phosphorus and calcium. It also provides vitamins such as vitamin C, B3, B6, B1, B2, B9 and vitamin E. A 100-gram portion has 336 kcal.

NAME: Pablo



AVOCADO

Avocado contains vitamins K, C, B5, B6 and E, potassium and folic acid.

It also contains vitamin E and C, as well as the rest of vitamins A, D and K. It contains 14% potassium. Avocado is low in LDL cholesterol (the bad one) and triglycerides and helps increase HDL cholesterol levels (the Okay). Therefore, many recommend it as a medicine or natural treatment for patients suffering from high cholesterol.

Avocado facilitates the absorption of other plant nutrients. The reason for this is the important concentration of vitamin C, which helps in the reception of natural nutrients. Therefore, it is recommended as a complementary natural

treatment for conditions such as anemia, and even leukemia.
Azahara

