



Celebrating October

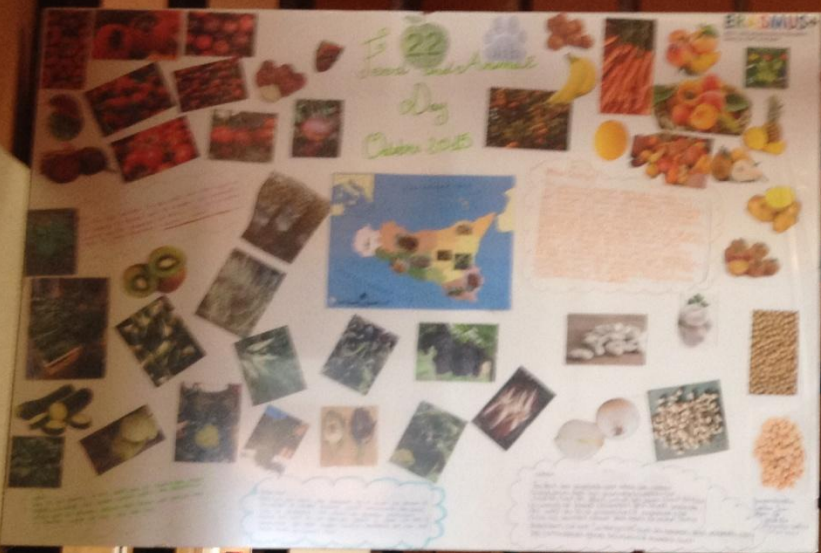


ISTITUTO PROFESSIONALE DI STATO PER I SERVIZI ALBERGHIERI E DELLA RISTORAZIONE



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Food and Animal
Day
October 2015



Handwritten notes in red ink, likely describing the health benefits of the fruits shown in the collage above.



Yellow Orange
The yellow orange is a very sweet, juicy fruit with a thick, orange-colored rind and a high concentration of vitamin C. It is a good source of fiber and antioxidants. The fruit is often used in juices, smoothies, and salads.



Handwritten notes in blue ink, likely describing the benefits of the vegetables and beans shown in the collage.

White
The best and most popular type of white bean is the cannellini bean, which is a good source of protein and fiber. It is often used in soups, stews, and salads. The bean is also a good source of calcium and iron.

Handwritten notes in blue ink, likely describing the benefits of the beans shown in the collage.

Do color your diet

YELLOW ORANGE

THE YELLOW OR ORANGE PLANTS ARE USUALLY RICH IN CAROTENOIDS. BETA CAROTENE, CONTAINED FOR EXAMPLE IN CARROTS AND PUMPKIN, IS CONVERTED TO VITAMIN A BY THE BODY, SO AS TO MAINTAIN THE HEALTH OF EYES AND THOUS MEMBRANES. ACCORDING TO EXPERTS, FOODS RICH IN CAROTENOIDS MAY REDUCE THE RISK OF CANCER AND HEARTH DISEASE. AS WELL AS IMPROVE THE FUNCTIONS OF THE IMMUNE SYSTEM. CITRUS ARE RICH IN VITAMIN C AND FOLIC ACID, ESSENTIAL DURING PREGNANCY

PURPLE BLUE

PURPLE AND BLUE FRUITS AND VEGETABLE CONTAIN NATURAL PIGMENTS CALLED ANTHOCYANINS. THEY HAVE POWERFUL ANTIOXIDANT FOR THE CELLS OF OUR BODY AND PROTECT US FROM THE RISK OF CANCER, STROKE AND HEART DISEASE. THEY ALSO HELP IMPROVE MEMORY AND HEALTHY AGING



WHITE

THE "WHITE GROUP" CONTAINS SUBSTANCE ABLE TO ACT POSITIVELY TOWARDS OUR HEALTH, SUCH AS POTASSIUM AND ALLICIN, LINKED TO THE LOWERING OF BLOOD CHOLESTEROL AND BLOOD PRESSURE, AS WELL AS TO A POSSIBILITY OF REDUCTION THE RISK OF STOMACH CANCER AND HEART DISEASE

GREEN

THE PLANTS IN THIS GROUP, SUCH AS SPINACH, PEAS, GREEN PEPPER, CUCUMBER AND CELERY, CONTAIN LUTEIN AND ZEAXANTHIN WHICH HELP TO MAINTAIN HEALTHY EYES. SPINACH AND BROCCOLI ARE VALUABLE SOURCE OF FOLIC ACID AND IRON

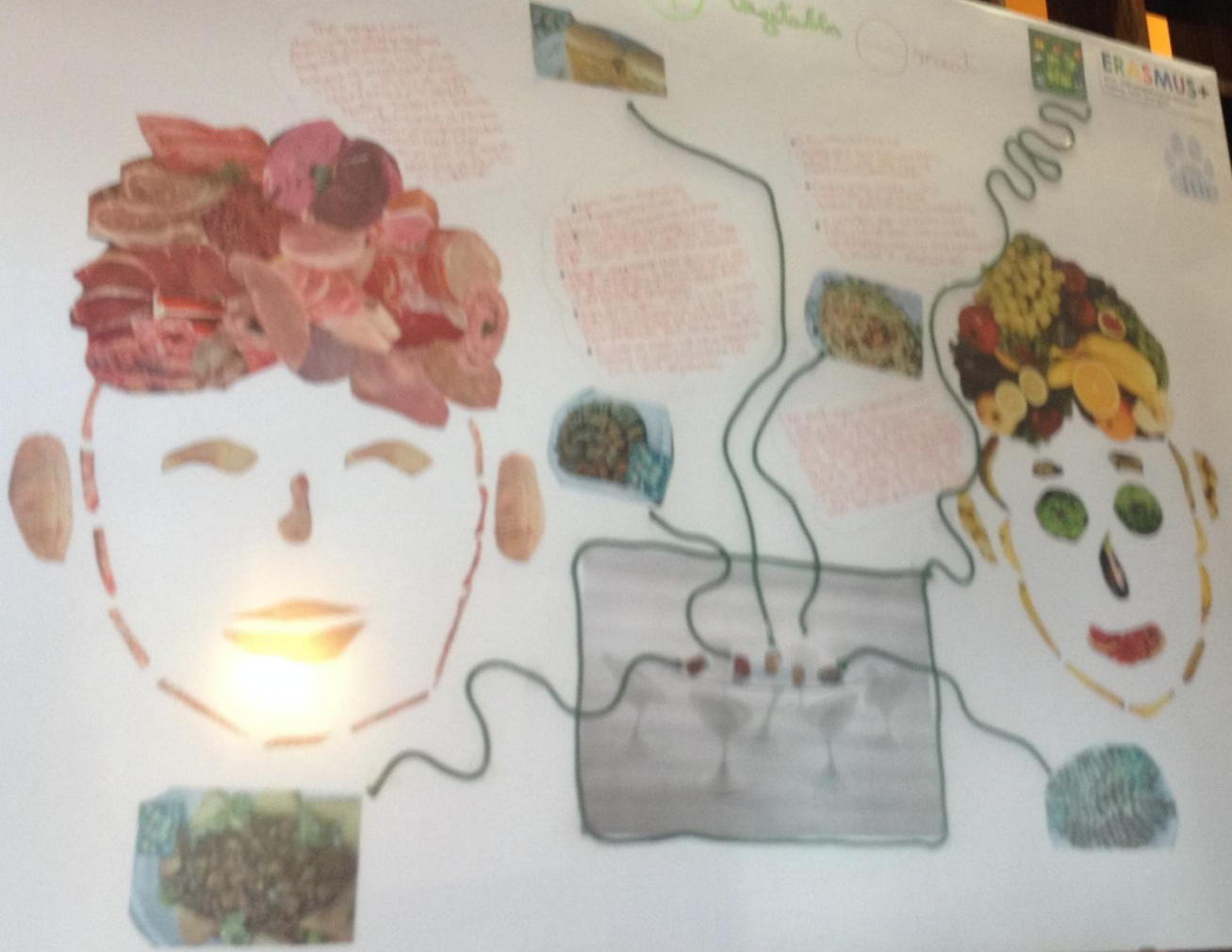
RED

THE FRUIT AND VEGETABLE OF RED COLOR GIVE THEIR COLOR TO THE PRESENCE OF PIGMENTS SUCH AS LYCOPENE AND ANTHOCYANINS. LYCOPENE MAY BE RESPONSIBLE FOR REDUCING THE RISK OF SEVERAL TYPES OF CANCER, PARTICULARLY PROSTATE CANCER

For a health diet

22

Vegetables (with a plus sign icon) Fruit (with a circle icon)





For a health diet.....
more **vegetables** and less **meat**



The vegetarian diet, was recently defined on the International Vegetarian Union, as a diet based on vegetable food, with or without eggs, dairy products and/or honey. Today it's possible to distinguish different kinds of vegetarian diets which have the rejection of meat and fish products in common:



- Lacto-ovo-vegetarian diet (milk/eggs vegetarian diet). It prohibits the consumption of meat and fish (shellfish including) while, food derived from animals as eggs, milk, cheese and honey, are permitted.

- Integral vegetarian diet (followers are called VEGANS). It excludes any types of food of animal origin (eggs, milk, dairy products and honey).

- Raw food diet, which is only based on the consumption of raw fruit and vegetables or cooked at a temperature not exceeding 40°C .

- Fruitarian diet, which is based on based on the consumption of fruit and vegetables.



The milk-egg-vegetarian diet, in particular, if well balanced, can be considered a fully acceptable diet, very similar to the Mediterranean diet. The proteins, are guaranteed by milk, dairy products, eggs, and legumes (legumes, if consumed with cereals, provide all the essential "amino-acids"). A diet of this type has the following advantages



- A low introduction of cholesterol and "saturated fats", which reduces the risk of cardiovascular disease;
- A higher fiber intake, which promotes the intestinal transit and prevents constipation;
- It provides less calories than omnivorous diet. the incidence of diabetes, obesity and hypertension is lower in vegetarians.



Enjoy your
meal !

