

The Snack Neutralizer - Be the Nutritionist

Name: _____

Nutrient	Benefit
Lutein + zeaxanthin	Keeps your eyes healthy and functioning their best throughout your lifetime.
Vitamin K	Aids in Blood clotting and cell repair
Magnesium	Needed for proper muscle function
Zinc	Required for normal growth and development, healthy skin, infection prevention and wound healing.
Folic acid	Important for DNA synthesis, cell growth, the formation of body tissues
Calcium	Needed to maintain strong bones and to carry out many important functions.
Vitamin A	Needed for good vision and healthy skin, teeth, bones and soft tissue.

Cases 1: An older woman has thinning and weakening of the bones.

What micronutrient from above might she be lacking? _____

What can she add to her diet to solve the problem?

Fruit - _____ Seeds/Beans/Nuts _____ Vegetable _____ Dairy _____

Cases 2: A man in his fifties has never worn glasses. Recently his eye site has gotten much worse.

What micronutrient from above might he be lacking? _____

What can he add to his diet to solve the problem?

Fruit - _____ Seeds/Beans/Nuts _____ Vegetable _____ Meat _____

Cases 3: A 12 year old girl, with poor eating habits, has a lot of nose bleeds that last a long time, bruises very easily, and finds that her gums bleed when she brushes her teeth.

What micronutrient from above might she be lacking? _____

What can she add to her diet to solve the problem?

Fruit - _____ Seeds/Beans/Nuts _____ Vegetable _____

Cases 4: A high school student is having trouble concentrating in school. She often complains about muscle cramps, muscle weakness and fatigue.

What micronutrient from above might she be lacking? _____

What can she add to her diet to solve the problem?

Fruit - _____ Seeds/Beans/Nuts _____ Vegetable _____ Grains _____

Cases 5: A man is going to the dermatologist(skin doctor) because he has a number of skin issues including a bad case of acne and lesions (sores) on his skin.

What micronutrient from above might he be lacking? _____

What can he add to his diet to solve the problem?

Fruit - _____ Seeds/Beans/Nuts _____ Vegetable _____ Meats _____

Food For Thought

Do any foods address more than one of the issues described above? If so, what can be said about these foods?
