

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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BON APETIT

How many times have you heard: “Breakfast is the most important meal of the day”? Yet, most of the time students skip breakfast entirely or have something preposterous like a coke and candy bar. Low intake of any essential nutrient causes disease. The body requires both organic and inorganic compounds. Growth, strenuous exercise, pregnancy and lactation increase the requirements for energy and essential nutrients.

Overall good health requires energy, water, protein, fat, carbohydrate, minerals and vitamins. They are found in five major food groups: Breads/Starch; Vegetables; Fruits; Milk; Meats/Nuts.

Dietary Guidelines include:

- Eat a variety of foods
- Aim for a healthy weight
- Be physically active each day
- Balance the food you eat with physical activity
- Choose a diet with plenty of grain products, vegetables, and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars
- Choose a diet moderate in salt and sodium
- If you drink alcoholic beverages, do so in moderation

If you need help with your general diet or any special diet, be sure to visit us in the Health Center.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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