

NUTRITION



A BALANCED DIET

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

WATER

Our bodies are 70% water.



CARBOHYDRATES

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

Sugars

Starches



PROTEINS

They help growth and repair cells, including teeth and nails.



FIBRE

It is not absorbed into the body but helps digestion and excretion.



VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.



FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.



Exercise is also an important element of staying healthy.

Remember: **KEEP HEALTHY!**

Nutrition Guide Ideas

**United States. Bureau of Agricultural
Economics**



Nutrition Guide Ideas:

Embracing the Beat of Expression: An Mental Symphony within **Nutrition Guide Ideas**

In a global consumed by screens and the ceaseless chatter of immediate interaction, the melodic elegance and psychological symphony developed by the published word often disappear in to the back ground, eclipsed by the constant noise and distractions that permeate our lives. But, set within the pages of **Nutrition Guide Ideas** a marvelous fictional value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths with this touching assessment, we will investigate the book is central harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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