

# 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

**Terry C. Jones**



**Nutrition Guide Ideas:**

## Whispering the Secrets of Language: An Psychological Quest through **Nutrition Guide Ideas**

In a digitally-driven world where displays reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words frequently get unheard. However, situated within the pages of **Nutrition Guide Ideas** a interesting literary prize pulsing with organic emotions, lies an exceptional journey waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the psychological depths with this touching review, we will embark upon a sincere exploration of the book is key subjects, dissect its captivating publishing type, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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