

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

ML Yell



Nutrition Guide Ideas:

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

In a digitally-driven earth where monitors reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and mental nuances concealed within words often move unheard. Yet, nestled within the pages of **Nutrition Guide Ideas** a interesting fictional prize blinking with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, this charming opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the material of every word. Within the mental depths of the poignant evaluation, we will embark upon a genuine exploration of the book is key subjects, dissect its captivating publishing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

<https://thebrandexperience.com/results/browse/HomePages/Positive%20Psychology%20Guide.pdf>

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