

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

M Walker



Nutrition Guide Ideas:

Embracing the Melody of Appearance: An Emotional Symphony within **Nutrition Guide Ideas**

In some sort of consumed by monitors and the ceaseless chatter of instant connection, the melodic beauty and mental symphony created by the published term frequently fade into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Nutrition Guide Ideas** a marvelous literary prize full of natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this captivating masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional analysis, we will examine the book is central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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