

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

Shirley King Evans



Nutrition Guide Ideas:

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the Information Activities of European Development Networks ,1991 **Nutrition Connection** ,1995 **Ideas for Refreshment Rooms** ,1923 **American Motherhood** ,1912 **Label Facts for Healthful Eating** Mona Boyd Browne,1994 Gives educators the basic information they need to help consumers understand and use the new food label The two brochures contain basic information about the new food label the consumer fact sheets contain practical information on a variety of food label topics and the educator s resource guide contains background information on labeling research summaries label education activities a food labeling glossary and an extensive list of resources Health and Diet Cecil Webb-Johnson,1930 **Catalog of Publications and Audiovisuals** Cornell Cooperative Extension,1994

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Nutrition Guide Ideas**

In a world inundated with screens and the cacophony of quick interaction, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the musical pages of **Nutrition Guide Ideas**, a interesting function of literary beauty that pulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that magical opus manuals viewers on a mental odyssey, gently revealing the latent potential and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its fascinating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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