

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).

PROTEINS

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

Sugars

Starches



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

**The American Dietetic Association
(ADA), Roberta Larson Duyff**



Nutrition Guide Ideas:

Unveiling the Magic of Words: A Overview of "**Nutrition Guide Ideas**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Nutrition Guide Ideas**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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