

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

J Rink



Nutrition Guide Ideas:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Nutrition Guide Ideas**

In a global inundated with monitors and the cacophony of instant conversation, the profound power and emotional resonance of verbal beauty frequently fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, set within the musical pages of **Nutrition Guide Ideas**, a fascinating perform of fictional beauty that pulses with organic thoughts, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus books readers on a psychological odyssey, lightly exposing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect their captivating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://thebrandexperience.com/public/publication/HomePages/Tony%20Cragg%20Sculpture%20Glasgow.pdf>

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