

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!**

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Nutrition Education Materials Holly Berry Irving,1987 *Nutrition Education Printed Materials and Audiovisuals*
Shirley King Evans,1990 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food
and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes
subject personal author corporate author title and media index *Homemakers' Acceptance of Nutrition Information in an
Urban Community* United States. Bureau of Agricultural Economics,1948 *Nutrition and the Elderly* Shirley King
Evans,1990 **Nutrition Curriculum Activities Kit** Paul E. Bell,1986 These kits were designed to provide students in
grades 5 12 with the knowledge and skills necessary to make personal dietary decisions Topics covered include basic
nutrition concepts diet planning special diets meal planning and preparation and nutrition issues **The American
Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic Association (ADA),Roberta Larson
Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition
Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to
help you feel good live well and prevent disease With so much new information coming from so many different sources eating
right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains
everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The
American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole
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Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique
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sports and exercise How to protect against foodborne illness And much more Also included are recently updated
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Sandra Bert Sherman,1981 *Battle Creek Idea* ,1907 **Nutrition Handbook for Teachers, a Supplement to the
Curriculum Guides for Elementary School Teachers** Massachusetts. Dept. of Public Health,1952 **Mr. P.'s diary:
facts, ideas, suggestions, reflections, and confessions** James Thornton Hoskins,1893 *Guide to the Information*

Activities of European Development Networks Unesco,1991 Includes a profile section on list of organizations by country and network profiles *Ideas for Refreshment Rooms* ,1923 **Guide to the Information Activities of European Development Networks** ,1991 **Nutrition Education for Preschoolers** ,1984 Health and Diet Cecil Webb-Johnson,1930 **Nutrition Throughout the Life Cycle** Sue Rodwell Williams,Bonnie S. Worthington-Roberts,1988

Abstract This comprehensive text is designed primarily for students in upper division courses in life cycle nutrition and for health professionals working in both individual and community programs Focus is on human growth and development needs at each stage of life pregnancy and lactation infancy childhood adolescence adults and the aging process and special needs of the elderly in the aging population Discussions are provided on the changing body at each stage in the human life cycle ways of determining nutritional status and needs along the way the special needs of persons carrying increased risk at different ages and stressful life situations and new approaches to nutrition education for health promotion This text includes illustrations appendices charts learning aids and a glossary **Baking Technology** ,1924

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Table of Contents Nutrition Guide Ideas

1. Understanding the eBook Nutrition Guide Ideas
 - The Rise of Digital Reading Nutrition Guide Ideas
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Guide Ideas
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Guide Ideas
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Guide Ideas
 - Personalized Recommendations
 - Nutrition Guide Ideas User Reviews and Ratings
 - Nutrition Guide Ideas and Bestseller Lists
5. Accessing Nutrition Guide Ideas Free and Paid eBooks
 - Nutrition Guide Ideas Public Domain eBooks
 - Nutrition Guide Ideas eBook Subscription Services
 - Nutrition Guide Ideas Budget-Friendly Options

6. Navigating Nutrition Guide Ideas eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Guide Ideas Compatibility with Devices
 - Nutrition Guide Ideas Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Guide Ideas
 - Highlighting and Note-Taking Nutrition Guide Ideas
 - Interactive Elements Nutrition Guide Ideas
8. Staying Engaged with Nutrition Guide Ideas
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Guide Ideas
9. Balancing eBooks and Physical Books Nutrition Guide Ideas
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Guide Ideas
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Guide Ideas
 - Setting Reading Goals Nutrition Guide Ideas
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Guide Ideas
 - Fact-Checking eBook Content of Nutrition Guide Ideas
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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