

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

Rosina Ehmman



Nutrition Guide Ideas:

The book delves into Nutrition Guide Ideas. Nutrition Guide Ideas is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nutrition Guide Ideas, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nutrition Guide Ideas
 - Chapter 2: Essential Elements of Nutrition Guide Ideas
 - Chapter 3: Nutrition Guide Ideas in Everyday Life
 - Chapter 4: Nutrition Guide Ideas in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Nutrition Guide Ideas. The first chapter will explore what Nutrition Guide Ideas is, why Nutrition Guide Ideas is vital, and how to effectively learn about Nutrition Guide Ideas.
3. In chapter 2, the author will delve into the foundational concepts of Nutrition Guide Ideas. This chapter will elucidate the essential principles that need to be understood to grasp Nutrition Guide Ideas in its entirety.
4. In chapter 3, this book will examine the practical applications of Nutrition Guide Ideas in daily life. The third chapter will showcase real-world examples of how Nutrition Guide Ideas can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nutrition Guide Ideas in specific contexts. This chapter will explore how Nutrition Guide Ideas is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Nutrition Guide Ideas. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition Guide Ideas.

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