

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

Yi-Tong Ma



Nutrition Guide Ideas:

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

In a world inundated with monitors and the cacophony of fast interaction, the profound power and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, located within the musical pages of **Nutrition Guide Ideas**, a charming function of literary beauty that impulses with organic feelings, lies an memorable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus books visitors on an emotional odyssey, lightly exposing the latent potential and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect its charming writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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