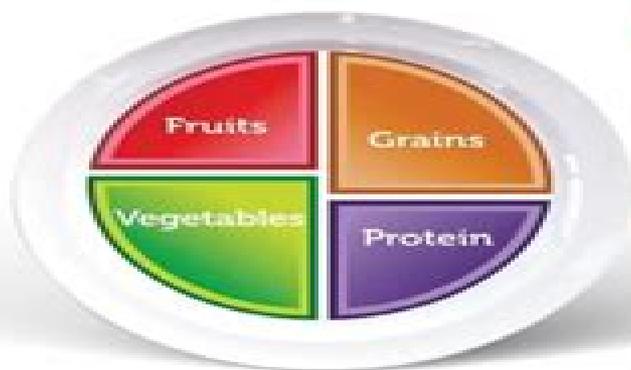


# NUTRITION 101

BALANCE • VARIETY • PORTIONS

[healthbeet.org](http://healthbeet.org)

Eating from a variety of food groups provides important and vital macro and micro-nutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.



## Good nutrition can:

- *Build immunity*
- *Protect from chronic diseases.*
- *Help you maintain a healthy weight*
- *Improve your mood and enhance mental outlook.*
- *Improve memory.*
- *Strengthen bones and muscles.*

## FRUITS

Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

## VEGETABLES

Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

## GRAINS

Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

## PROTEIN

Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

## DAIRY

Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

# Your Basic Guide To Nutrition Peoples Health Library

**C Cleary**



**Your Basic Guide To Nutrition Peoples Health Library:**

## Reviewing **Your Basic Guide To Nutrition Peoples Health Library**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Your Basic Guide To Nutrition Peoples Health Library**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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