

# 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

**The American Dietetic Association  
(ADA), Roberta Larson Duyff**



**Nutrition Guide Ideas:**

## Adopting the Tune of Term: An Mental Symphony within **Nutrition Guide Ideas**

In some sort of consumed by displays and the ceaseless chatter of instant conversation, the melodic beauty and psychological symphony developed by the written word usually disappear into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. However, located within the pages of **Nutrition Guide Ideas** an enchanting fictional prize filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts readers on an emotional trip, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the touching assessment, we will explore the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://ftp.thebrandexperience.com/results/virtual-library/Documents/Roblox%20Skins%20Framework.pdf>

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