

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

Marco Casella



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