

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

J Rink



Nutrition Guide Ideas:

Whispering the Techniques of Language: An Mental Journey through **Nutrition Guide Ideas**

In a digitally-driven earth where monitors reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently move unheard. Yet, situated within the pages of **Nutrition Guide Ideas** a captivating literary prize pulsating with fresh thoughts, lies an exceptional quest waiting to be undertaken. Penned by a talented wordsmith, this wonderful opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the mental depths with this touching evaluation, we can embark upon a genuine exploration of the book is key themes, dissect their interesting writing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

https://ftp.thebrandexperience.com/results/detail/default.aspx/Stress_Relief_Latest.pdf

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