

# 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

**G Orfield**



**Nutrition Guide Ideas:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Nutrition Guide Ideas**

In a world inundated with screens and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the lyrical pages of **Nutrition Guide Ideas**, a interesting work of fictional brilliance that pulses with raw feelings, lies an remarkable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that magical opus instructions visitors on a mental odyssey, delicately revealing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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