

# 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

**KJ Lindholm-Leary**



**Nutrition Guide Ideas:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Nutrition Guide Ideas**

In a world inundated with screens and the cacophony of instant communication, the profound energy and emotional resonance of verbal beauty often disappear in to obscurity, eclipsed by the continuous onslaught of noise and distractions. However, located within the lyrical pages of **Nutrition Guide Ideas**, a captivating work of literary beauty that impulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, this interesting opus instructions readers on an emotional odyssey, delicately revealing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect its captivating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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