

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

**United States. Bureau of Agricultural
Economics**

Nutrition Guide Ideas:

Whispering the Techniques of Language: An Emotional Quest through **Nutrition Guide Ideas**

In a digitally-driven world wherever screens reign supreme and quick connection drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words frequently go unheard. Yet, set within the pages of **Nutrition Guide Ideas** a fascinating literary value pulsating with fresh emotions, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the emotional depths with this emotional evaluation, we will embark upon a honest exploration of the book is core styles, dissect their fascinating publishing model, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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