

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

SJ Ball



Nutrition Guide Ideas:

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

In a digitally-driven world wherever displays reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words often go unheard. However, set within the pages of **Nutrition Guide Ideas** a interesting literary value pulsing with fresh emotions, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, that wonderful opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the mental depths with this poignant evaluation, we will embark upon a sincere exploration of the book is primary styles, dissect their interesting publishing fashion, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

<https://ftp.thebrandexperience.com/book/scholarship/HomePages/Circular%20Economy%20Guide.pdf>

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