

# 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

**Guillaume Favre**



## **Nutrition Guide Ideas:**

**Nutrition Education Materials** Holly Berry Irving,1987 *Nutrition Education Printed Materials and Audiovisuals*  
Shirley King Evans,1990 **Catalog. Supplement - Food and Nutrition Information and Educational Materials**  
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and indexes subject personal author corporate author title and media index **Homemakers' Acceptance of Nutrition**  
**Information in an Urban Community** United States. Bureau of Agricultural Economics,1948 [Nutrition and the Elderly](#)  
Shirley King Evans,1990 **The American Dietetic Association's Complete Food and Nutrition Guide** The American  
Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s  
foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing  
weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information  
coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from  
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**suggestions, reflections, and confessions** James Thornton Hoskins,1893 [Guide to the Information Activities of](#)

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