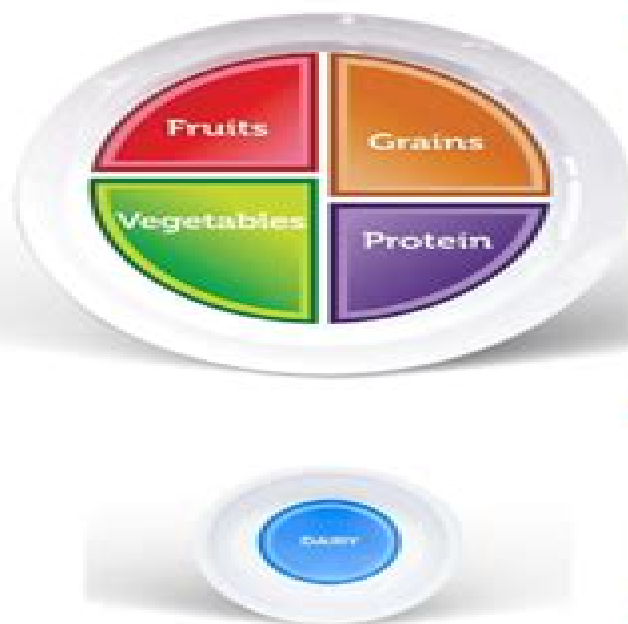


NUTRITION 101

BALANCE • VARIETY • PORTIONS

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Eating from a variety of food groups provides important and vital macro and micro-nutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.



FRUITS

Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

VEGETABLES

Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

GRAINS

Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

PROTEIN

Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

DAIRY

Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

Good nutrition can:

- Build immunity
- Protect from chronic diseases.
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook.
- Improve memory.
- Strengthen bones and muscles.

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Your Pregnancy Quick Guide: Feeding Your Baby Glade Curtis,Judith Schuler,2009-04-30 The advantages and disadvantages of breastfeeding and bottle feeding Guidelines for establishing a breastfeeding routine What you need to know about how your nutrition affects your breast milk Tips for safe and healthy bottle feeding Information on different formula options and how to find the right one for your baby Tips for introducing solid foods and monitoring for food allergies Advice on the best feeding and burping positions How to recognize whether your baby is getting enough nourishment

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Meal Planning Made Easy United States. Federal Extension Service, 1966

Discovering Nutrition Paul M. Insel, Elaine Turner, Don Ross, 2010. Discovering Nutrition Third Edition is a student friendly introduction to nutrition on a non majors level. Coverage of material such as digestion, metabolism, chemistry, and life cycle nutrition is clearly written, accessible, and engaging to undergraduate students.

This book delves into Good Nutrition Is Important This Guide Will Help You Choose. Good Nutrition Is Important This Guide Will Help You Choose is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Good Nutrition Is Important This Guide Will Help You Choose, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Good Nutrition Is Important This Guide Will Help You Choose
 - Chapter 2: Essential Elements of Good Nutrition Is Important This Guide Will Help You Choose
 - Chapter 3: Good Nutrition Is Important This Guide Will Help You Choose in Everyday Life
 - Chapter 4: Good Nutrition Is Important This Guide Will Help You Choose in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, this book will delve into the foundational concepts of Good Nutrition Is Important This Guide Will Help You Choose. The second chapter will elucidate the essential principles that must be understood to grasp Good Nutrition Is Important This Guide Will Help You Choose in its entirety.
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 5. In chapter 4, the author will scrutinize the relevance of Good Nutrition Is Important This Guide Will Help You Choose in specific contexts. The fourth chapter will explore how Good Nutrition Is Important This Guide Will Help You Choose is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Good Nutrition Is Important This Guide Will Help You Choose. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Good Nutrition Is Important This Guide Will Help You Choose.

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