

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.

Good Nutrition Is Important This Guide Will Help You Choose

Brendan G. Carr



Good Nutrition Is Important This Guide Will Help You Choose:

Enjoying the Track of Appearance: An Psychological Symphony within **Good Nutrition Is Important This Guide Will Help You Choose**

In some sort of consumed by displays and the ceaseless chatter of fast communication, the melodic elegance and mental symphony produced by the written term frequently diminish in to the back ground, eclipsed by the constant noise and interruptions that permeate our lives. But, set within the pages of **Good Nutrition Is Important This Guide Will Help You Choose** a marvelous literary prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that interesting masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we shall explore the book is main harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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