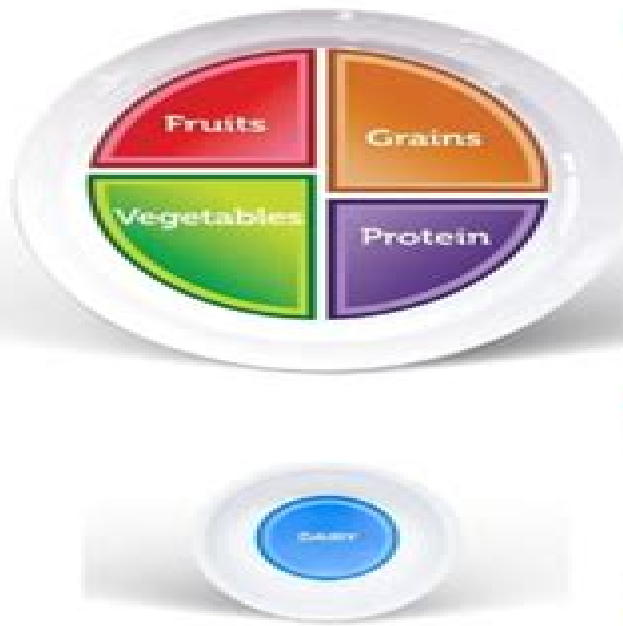


NUTRITION 101

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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Edward J. Zalisko



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Table of Contents Basic Nutrition Study Guides

1. Understanding the eBook Basic Nutrition Study Guides
 - The Rise of Digital Reading Basic Nutrition Study Guides
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Nutrition Study Guides
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Nutrition Study Guides
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Nutrition Study Guides
 - Personalized Recommendations
 - Basic Nutrition Study Guides User Reviews and Ratings
 - Basic Nutrition Study Guides and Bestseller Lists

5. Accessing Basic Nutrition Study Guides Free and Paid eBooks
 - Basic Nutrition Study Guides Public Domain eBooks
 - Basic Nutrition Study Guides eBook Subscription Services
 - Basic Nutrition Study Guides Budget-Friendly Options
6. Navigating Basic Nutrition Study Guides eBook Formats
 - ePub, PDF, MOBI, and More
 - Basic Nutrition Study Guides Compatibility with Devices
 - Basic Nutrition Study Guides Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basic Nutrition Study Guides
 - Highlighting and Note-Taking Basic Nutrition Study Guides
 - Interactive Elements Basic Nutrition Study Guides
8. Staying Engaged with Basic Nutrition Study Guides
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Nutrition Study Guides
9. Balancing eBooks and Physical Books Basic Nutrition Study Guides
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Nutrition Study Guides
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Basic Nutrition Study Guides
 - Setting Reading Goals Basic Nutrition Study Guides
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Basic Nutrition Study Guides
 - Fact-Checking eBook Content of Basic Nutrition Study Guides
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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