

## Nutrition Basics For Better Health And Performance

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Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein. Ask yourself the following questions.

~~Nutrition: Tips for Improving Your Health - familydoctor.org~~  
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~~Nutrition and healthy eating Nutrition basics - Mayo Clinic~~  
With this introductory guide to basic, better nutrition in any situation, get tips for improving your nutrition to promote good health. Learn basic nutrition tips that everyone should follow.

~~7 Basic Nutrition Tips - Health | HowStuffWorks~~  
Starchy foods (carbs) In this article you will find information for the general population and individuals with diabetes about the role of starchy foods in a healthy, balanced diet. Starchy foods include bread, pasta, rice, couscous, potatoes, breakfast cereals, oats and... View More.

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Get tips on cutting down on sugar in your diet. 5. Eat less salt: no more than 6g a day for adults. Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Even if you do not add salt to your food, you may still be eating too much.

~~8 tips for healthy eating - NHS~~  
Nutrition Basics for Better Health: Powerpoint Review and Exam Notes: Amazon.co.uk: Liz A. Applegate: Books

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Healthy eating basics. Balancing energy in and energy out. A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance... Body mass index (BMI) Body mass index or BMI is an approximate measure of your total body fat... Children's diet - fruit and vegetables. If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...

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2/ Soak up some vitamin D "The importance of vitamin D to bone health is two-fold in that vitamin D is both essential for absorption of calcium and inadequate vitamin D causes the breakdown of our...