

The healthy eating pyramid

- Include breakfast in your daily plan
- Eat more often but smaller portions
- Avoid eating in fast foods
- Eat more vegetables and fruits

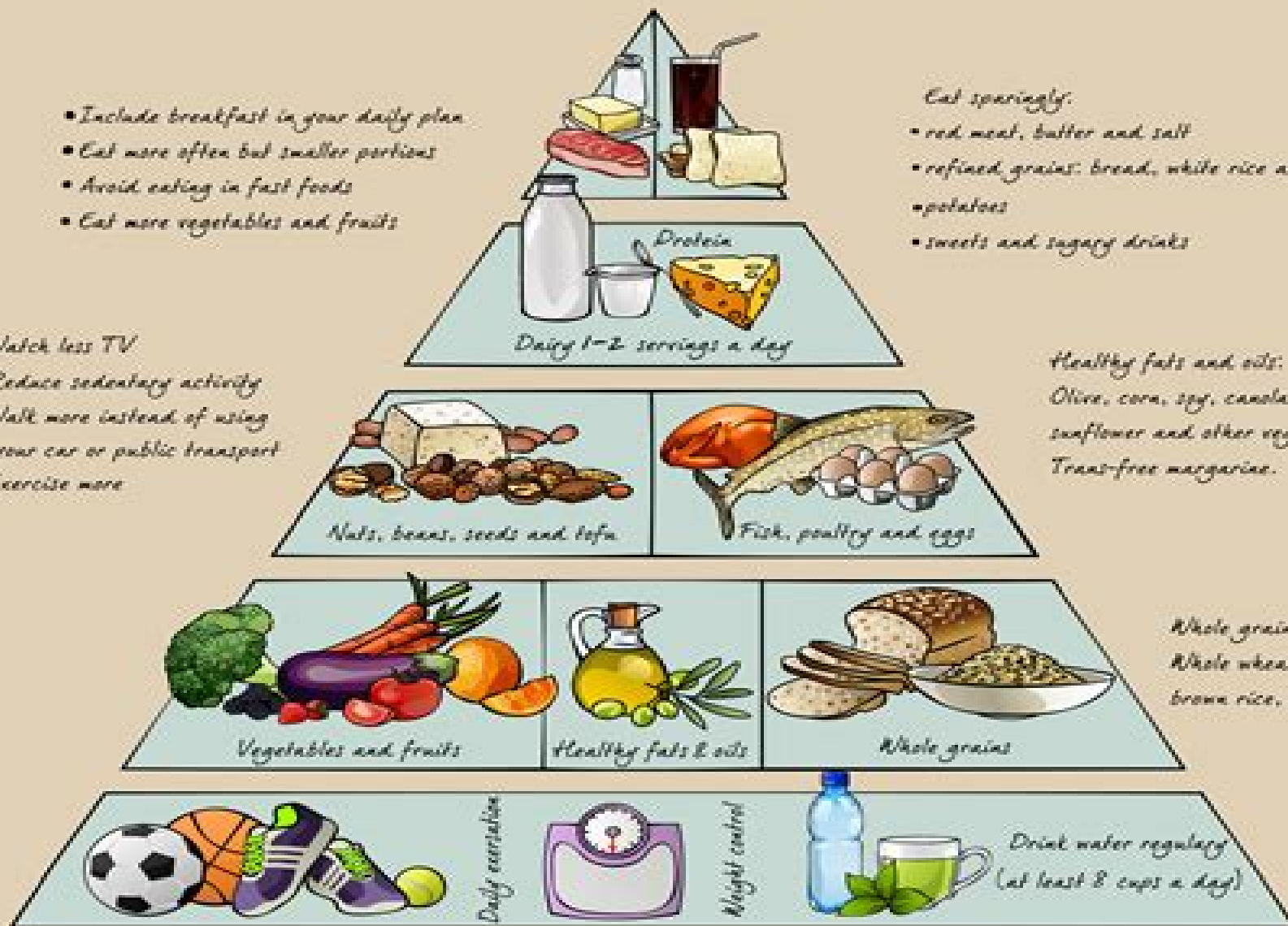
- Watch less TV
- Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more

Eat sparingly:

- red meat, butter and salt
- refined grains: bread, white rice and pasta
- potatoes
- sweets and sugary drinks

Healthy fats and oils:

Olive, corn, soy, canola, sunflower and other vegetable oils.
Trans-free margarines.



Drink 1-2 litres of liquid a day, preferably unsweetened.
Caffeinated beverages should be consumed in moderation only.

Nutrition For Healthy Living

D Keegan



Nutrition For Healthy Living:

The book delves into Nutrition For Healthy Living. Nutrition For Healthy Living is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nutrition For Healthy Living, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Nutrition For Healthy Living
- Chapter 2: Essential Elements of Nutrition For Healthy Living
- Chapter 3: Nutrition For Healthy Living in Everyday Life
- Chapter 4: Nutrition For Healthy Living in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Nutrition For Healthy Living. The first chapter will explore what Nutrition For Healthy Living is, why Nutrition For Healthy Living is vital, and how to effectively learn about Nutrition For Healthy Living.
3. In chapter 2, the author will delve into the foundational concepts of Nutrition For Healthy Living. This chapter will elucidate the essential principles that must be understood to grasp Nutrition For Healthy Living in its entirety.
4. In chapter 3, this book will examine the practical applications of Nutrition For Healthy Living in daily life. The third chapter will showcase real-world examples of how Nutrition For Healthy Living can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nutrition For Healthy Living in specific contexts. The fourth chapter will explore how Nutrition For Healthy Living is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Nutrition For Healthy Living. 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 Nutrition For Healthy Living.

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