

Nutrición y buena alimentación

Nutrición

- Es un conjunto de procesos que permite que el cuerpo absorba los nutrientes de los alimentos.

Es un proceso involuntario.

Buena alimentación

Consiste en la ingesta de alimentos saludables que el cuerpo necesita para la vida diaria.

Es un proceso voluntario.



Nutricion Y Salud

Ying-Ying Zheng



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