

Optimum Nutrition

- Should provide the right quantities of protein, fat, carbohydrates, vitamins, minerals, fiber, and probiotic bacteria to maintain a healthy body and to sustain the desired level of activity for the best quality of life.
- **Recommended Diet of 2000 calories per day, consists of 25% protein, 15% fat, and 30% carbohydrate, 30% as vegetables, fruits and fibre.**

Nutrition In The Life Span

JG Myers



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