

HEALTHY FOOD COMPOSITION

CHOOSE HEALTH OILS
HEALTHY FATS



Legumes
Seeds Nuts
15%

Fruits
15%



Vegetables
20%

**WITH JUICES PREFER
VEGETABLE JUICES**



**DO NOT FORGET
HERBS, SALADS,
ROOTS AND SPICES**

Whole Grain
Products
25%



Fish Meat
Egg
10%



prefer white lean Meat
Poultry Meat

Low Fat
Dairy Products
15%

**AVOID OVERWEIGHT BURN
UP THE CALORIES
WITH OVERWEIGHT REDUCE
FAST CARBS ESPECIALLY
SWEETENED DRINKS**



**AVOID LONG SITTING
HAVE AT LEAST ONE
HOUR OF PHYSICAL
ACTIVITY DAILY**

Nutrient Composition Of Food

Zhe Xu



Nutrient Composition Of Food:

Nutrient Composition Of Food Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Nutrient Composition Of Food**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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