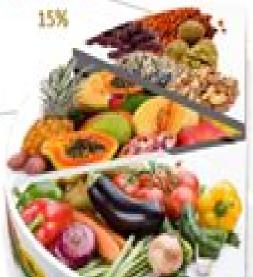


HEALTHY FOOD COMPOSITION

CHOOSE HEALTH OILS **HEALTHY FATS**



Legumes Seeds Nuts.



DRINK A LOT WATER Whole Grain **Products** 25%



AND TEA

Fish Meat

Egg 10%

prefer white lean Meat Poultry Meat

Low Fat **Dairy Products**



WITH JUICES PREFER VEGETABLE JUICES

Vegetables

20%



DO NOT FORGET HERBS, SALADS, **ROOTS AN D SPICES**

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



HOUR OF PHYSICAL **ACTIVITY DAILY**

Nutrient Composition Of Food

Zhe Xu

Nutrient Composition Of Food:

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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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