

Chapter 11: Nutrition



KEY CONCEPTS

Nutrition	Metabolism	Calories	BMR
Carbohydrates	Fiber	Fats	Proteins
Vitamins	Minerals	Water	Choose My Plate
Dietary Guidelines	Malnutrition	Deficiency	Body Composition
Reducing Weight	Special Diets	Food Additives	Nutrition Labels

11.1 BASIC NUTRITIONAL NEEDS

When it comes to food, we find that the world of nutrition can be a very confusing grey area full of conflicting rules, recommendations, trends and fads. What's the next big diet craze and will it get me to the fitness level I seek in a short amount of time? The truth is, if we viewed food as fuel, rather than fun, chances are we would make smarter and healthier choices that would lead to a pattern of healthy eating for a lifetime. It is much easier said and done. Food is fuel! It is literally converted to energy within the body. The food we choose to fuel our body with can affect how we feel, how we look and our level of physical and mental performance.



Nutrition And You With Readings

Martha Seif Simpson



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