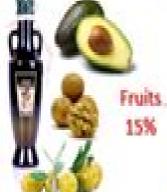
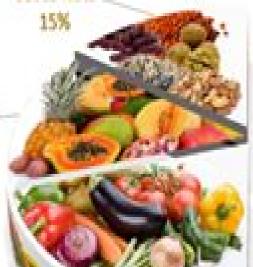


## HEALTHY FOOD COMPOSITION

# CHOOSE HEALTH OILS **HEALTHY FATS**



Legumes Seeds Nuts.











Fish Meat

Egg 10%

prefer white lean Meat Poultry Meat

Low Fat **Dairy Products** 15%



WITH JUICES PREFER VEGETABLE JUICES



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

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**

**PT Brinkman** 

**Nutrient Composition Of Food:** 

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

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity 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 affect readers.

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