NUTBITION 101





GOOD SOURCES OF:

FRUITS, BEANS, VEGGIES, WHEAT & BRAN

Potassium) - SWEET POTATO, TOMATO, SPINACH, YOGURT RAISING BANANAS

Sodium

PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C.

ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Magnesium)

- EGGS, MILK, CHEESE, MEAT. FISH, SHELLFISH

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

Therapeutic

CLEGET BEGUNDS - Duices w/o purp, broth, selvo, water - tee cream . Soup , ice chips , tea , Juice Fig. B. B. B. Capelle

@ Dry or chewy Mechanical Soft - banana. soft breads, pasta

PLETGE - yoquet, appellance, mashed potato, pudding (1) Lumpy or crunchy

Diets

Lous Casto A companiones camed com

No Added Sale LA CHE LA CITTAGE S

Low Fat

Lour K he sparing dimerics Bisah Brook

FIMPORTANT THINGS TO REMEMBER

- * Patients on Anticoagulants should avoid (Vitamin K) --- Green Leafy veg. Choese + Green Tea-
- * Wound heating is promoted by a diet that is rich in (prolain) + (Villamin C
- * (Folic Acid) is essential during + before pregnancy to prevent neural tube defects
- * (Vitamin A) helps mentain everynt

Vegetarians are at risk of believe (Vitamin D+ B12)

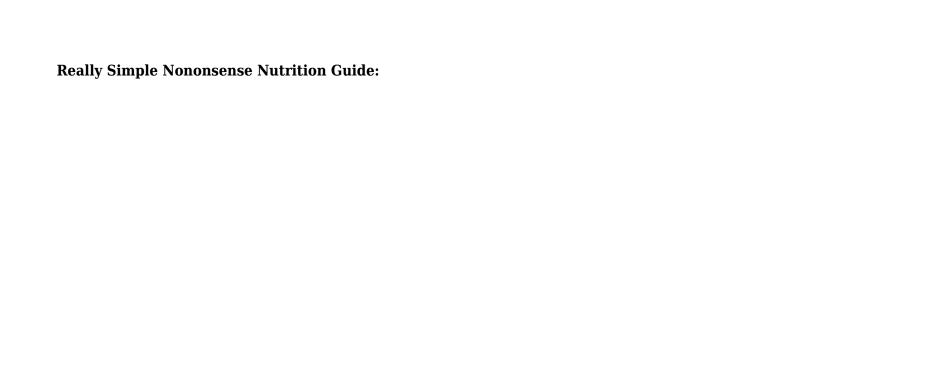
Kecolls en Nunfbreent

Fat - 9 Koul/9 Protien - 4 Kcal/9 Carbohydraks - 4 Kcally

Fat Solwble - A, D, K, E Water Soluble - B. C

Really Simple Nononsense Nutrition Guide

L Cohen



Reviewing Really Simple Nononsense Nutrition Guide: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Really Simple Nononsense Nutrition Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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