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

CLEGE BEGUND - 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

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

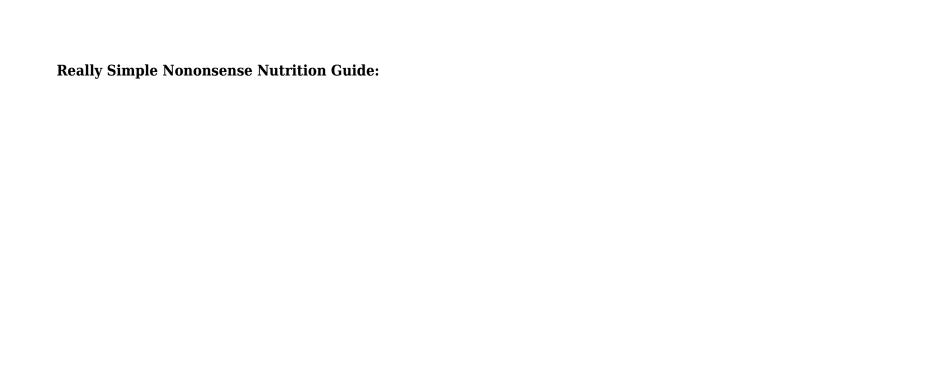
Diets

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

Vince Del Monte



Really Simple Nononsense Nutrition Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Really Simple Nononsense Nutrition Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled 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 shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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