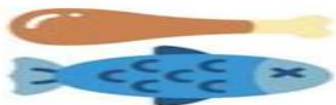




6 Essential Nutrients

Essential nutrition involves looking at what types of nutrients the body needs and how they impact our health.



Protein

Every cell in the body needs protein to function properly.

Carbohydrates

Your body's main source of energy provide energy for all the cells.

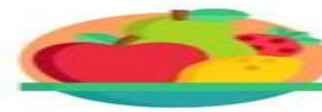


Fats

A person needs certain fats to help maintain optimal health.

Vitamins

Vitamins are vital for warding off disease and staying healthy.



Minerals

Minerals are essential for many body functions.

Water

Water is absolutely crucial for every system in your body.



A Guide Of Nutrients

Betsy B. Holli, Judith A. Beto



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