

THE SIX ELEMENTS OF NUTRITION

The Elements



Good nutrition is the basis for achieving enviable health. We all need six basic nutrients: water, carbohydrates, minerals, proteins, vitamins, and fats.

Nutrition



Proper nutrition is complex. When determining the proper nutrition, you must consider your weight, height, age, gender and activity level.

Well Being



In addition to a proper diet, exercise and have a positive attitude. If you combine these aspects, you will feel good and you will have more energy.

Remember:

Eating a balanced diet is not eating a lot of food, that quantity is as important as the quality of it.

