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IMPORTANCE OF NUTRITION



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# NUTRITION

## WHAT IS IT



IT IS TO KNOW THE IMPORTANCE THAT FOOD AND EACH OF ITS FUNCTION AND HOW OFTEN TO EAT IT TO LEAD A HEALTHY LIFE

## BECAUSE IT'S IMPORTANT



IT IS ESSENTIAL TO HAVE A GOOD QUALITY OF LIFE TO FEEL HEALTHY AND ENJOY THE WELLBEING PROVIDED BY A GOOD DIET AND, IN THAT, NUTRITION PLAYS AN ELEMENTARY ROLE.

## WHAT GIVES US NUTRITION



;; PREVENT OR CONTROL THE DEVELOPMENT OF PATHOLOGIES OR DISEASES.  
: PROMOTE HEALTH  
: IMPROVE YOUR MOOD  
: PERFORM BETTER

## FOOD GIVES US



CARBOHYDRATES  
PROTEINS  
FATS OR LIPIDS  
VITAMINS  
MINERALS  
WATER

## RECOMMENDATIONS



IT IS RECOMMENDED TO HAVE MEALS RICH IN FRUITS AND VEGETABLES, DRINK TWO LITERS OF WATER, DO 30 MINUTES OF EXERCISE DAILY.