

Nutrition

Leading a healthy lifestyle can be made easier through good nutrition. Your diet, combined with physical activity, can help you maintain a healthy weight and help you to be healthy overall.

Carbohydrates

- They are the most important source of energy for your body; the energy is used for cells and is transported to the blood.
- Carbohydrates can be found in starches such as bread and rice.

Fats

- There are numerous types of fat. your body makes its own fat from taking in excess calories. Dietary fats are macronutrients that provide energy for your body.
- Fat is high in calories and small amounts can add up quickly. If you eat more calories than you need, you will gain weight. Excess weight is linked to poor health

Proteins

Proteins help to maintain and replace the tissues in your body. Proteins also manufactures antibodies that fight infection and disease and are crucial in blood clotting ability.