

name: _____

class: _____

date: _____

Nutrition Basics



Eating a _____ diet is crucial for maintaining good health. It involves consuming a variety of foods in the right _____ to obtain essential nutrients. A balanced diet includes fruits, vegetables, whole _____, and lean proteins. Fruits and vegetables are packed with vitamins, minerals, and _____. Whole grains, such as brown rice and whole wheat bread, provide the body with necessary _____ for energy. Lean proteins, found in chicken, fish, and legumes, are important for muscle repair and _____. Dairy products, like milk and cheese, offer calcium for strong bones. However, it's important to limit the intake of _____ fats, salt, and sugar to prevent health issues like heart disease and diabetes. Drinking plenty of _____ is also essential for staying hydrated and supporting overall health. Healthy fats, such as those found in _____ and olive oil, are beneficial for heart health. By eating a variety of foods, individuals can ensure they get all the _____ their body needs. This not only supports physical health but also enhances mental well-being. Regular physical _____, in combination with a balanced diet, can further improve health outcomes. Making informed food _____ and understanding the principles of nutrition can empower people to live healthier _____. It's not about strict dietary limitations but rather about feeling great, having more _____, improving health, and boosting mood.

- proportions
- avocados
- carbohydrates
- nutrients
- lives
- choices
- energy
- activity
- water
- grains
- saturated
- fiber
- balanced
- growth