

nutrition.html

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1  <!DOCTYPE html>
2  <!-- Brynner, ch08 nutrition.html, 5/20/2024 -->
3  <html lang="en">
4  <head>
5      <title>Forward Fitness Club</title>
6      <meta charset="utf-8">
7      <meta name="viewport" content="width=device-width, initial-scale=1">
8      <link rel="stylesheet" href="css/styles.css">
9      <link rel="preconnect" href="https://fonts.googleapis.com">
10     <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
11     <link href="https://fonts.googleapis.com/css2?family=Francois+One&family=
Roboto+Slab:wght@100..900&display=swap" rel="stylesheet">
12     <link rel="shortcut icon" href="images/favicon.ico">
13     <link rel="icon" type="image/png" sizes="32x32" href="images/favicon-32.png">
14     <link rel="apple-touch-icon" sizes="180x180" href="images/apple-touch-icon.png">
15     <link rel="icon" sizes="192x192" href="images/android-chrome-192.png">
16 </head>
17
18 <body>
19
20     <div id="container">
21
22         <!-- Use the header area for the website name or logo -->
23         <header>
24             <a href="index.html"></a>
25         </header>
26
27         <!-- Use the nav area to add hyperlinks to other pages within the website -->
28         <nav>
29             <ul>
30                 <li><a href="index.html">Home</a></li>
31                 <li><a href="about.html">About Us</a></li>
32                 <li><a href="classes.html">Classes</a></li>
33                 <li><a href="nutrition.html">Nutrition</a></li>
34                 <li><a href="contact.html">Contact Us</a></li>
35             </ul>
36         </nav>
37
38         <!-- Nutrition Hero Image -->
39         <div id="hero">
40             
41         </div>
42
43         <!-- Use the main area to add the main content of the webpage -->
44         <main class="grid">
45
46             <article>
47                 <h3>Food for Thought</h3>
48                 
49                 <p>Good nutrition is a lifestyle, not a diet. It starts with a new way of
thinking about food. Think of your body as a vehicle that uses food for fuel. Fill your tank
with the right type of fuel.</p>
50                 <p>Do not approach your nutrition plan as a diet plan, but rather, a lifestyle
change. If you make a permanent change, you will see big results. The key to success is a daily
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focus on your goal.</p>
51     <p>Portion your meals and track your calories. There are many free mobile apps
available to help track your activity level and calories.</p>
52     <p>Control impulsive urges to buy junk food, and instead, allow yourself to one
"cheat" meal a week.</p>
53     </article>
54
55     <article>
56         <h3>What to Eat</h3>
57         
58         <p>Use the following as a guideline:</p>
59         <ul>
60             <li>Protein, such as eggs, chicken, and lean red meat</li>
61             <li>Vegetables, but avoid corn and peas</li>
62             <li>Fruit</li>
63             <li>Fat, such as olive oil, nuts, and seeds</li>
64         </ul>
65         <p>Limit the consumption of bread, pasta, white potatoes, and processed
food. These foods are high in carbohydrates.</p>
66         <p>When you shop for groceries, shop the outside aisles and buy organic
when possible. Stock up on fresh vegetables, almond flour, and flax seed.</p>
67         <p>Check out our Meal of the Week for new meal ideas.</p>
68     </article>
69
70     <article>
71         <h3>Meal of the Week</h3>
72         
73         <h4>Herb-Roasted Chicken</h4>
74         <h4>Ingredients:</h4>
75         <ul>
76             <li>boneless, skinless chicken breast (organic preferred)</li>
77             <li>1 tsp Herbs de Provence</li>
78             <li>1 tsp lemon juice</li>
79             <li>1 tsp olive oil</li>
80             <li>1 tsp sea salt</li>
81             <li>&frac14; tsp pepper</li>
82         </ul>
83
84         <h4>Instructions:</h4>
85         <p>Combine all ingredients in a plastic bag and marinate for at least an hour.
Preheat oven to 350 degrees. Bake chicken for 30-35 minutes or until juices run clear. Broil on
high for two minutes or until brown. Serve with a fresh side salad.</p>
86     </article>
87
88     <aside class="tablet-desktop grid-item4">
89         <p>Did you know the average American consumes 3 lbs of sugar each week?</p>
90         <p>Did you know that avocados are a good source of Vitamin B?</p>
91         <p>Did you know the average active adult should consume about 2,000 calories a
day?</p>
92     </aside>
93
94 </main>
95
96 <!-- Use the footer area to add webpage footer content -->
97 <footer>
98     <p>&copy; Copyright 2024. All Rights Reserved.</p>
99     <p><a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a></p>
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100         </footer>
101
102     </div>
103
104 </body>
105 </html>
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