Ontologies Classes Object Properties Data Properties Annotation Properties Individuals Datatypes Clouds

Class: Nutrition_LC

Annotations (2)

- rdfs:comment ""Aim to get all of your nutrients through your diet instead of supplements. Only take a supplement if your doctor recommends it. Aim to eat a reasonable amount of fresh fruits, vegetables and whole grains, many of which are rich in antioxidants. Do not take beta-carotene if you smoke.""(xsd:string)
- rdfs:comment ""To help with digestive side effects, eat a bland diet, eat small meals often and add healthy fats to pack more nutrients into what you can eat. To help with mouth sores, use a straw, avoid food that is too hot, cold, spicy or crunchy, and ask your doctor for a special mouth rinse.""(xsd:string)

Superclasses (1)

- Living_with_LC_LC

Disjoints (4)

Breathing_LC, Exercise_LC, **Nutrition_LC**, Sleep_LC

OWL HTML inside