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# **Developing a Healthy Relationship with Food**

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Slandefani Taylor



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Don't forget ISBN maybe??

# Preface

I made this book out of a few different sources.

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# **Part I**

# **Nutrition**

# 1. What is Nutrition?

The food you eat provides your body with the energy and materials it needs. Eating a balanced diet can help your body perform its functions.

## **Calories**

Calories are simply small units of energy. Your body uses a lot of energy to move, talk, and even think.

## **Fat**

Fat provides energy to the body and help insulate you from the cold. *Saturated* and *Trans* fats are unhealthy fats, while *Polyunsaturated* and *Monounsaturated* fats are healthy.

## **Cholesterol**

Cholesterol is

## **Sodium**

Sodium comes from salts. You need to consume some sodium, but too much can cause problems.

## **Carbohydrates (Carbs)**

Carbs are found in grains and sugars. It is good to consume some carbs for quick energy. It is best to limit your sugar intake.

## **Protein**

Protein is found in dairy, eggs, legumes, and meat. It helps rebuild your muscles

## **Vitamins and Minerals**

In general, try to balance your vitamins and minerals.



## **Part II**

# **A Balanced Diet**

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## **Part III**

# **Grocery Shopping**

# **Part IV**

# **Cooking**

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## **Part V**

# **Dietary Restrictions**

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## **Part VI**

# **Dealing with Stress**



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