

# Introduction

Welcome to *The Vitality Guide*. In an era of fad diets, conflicting nutritional advice, and processed conveniences, this manual aims to return to the basics of human nourishment.

# Chapter 1

## Section 1.1

Macronutrients are the nutrients we need in larger quantities that provide us with energy.

## Section 1.2

While macronutrients provide the calorie engine, micronutrients and water are the oil and coolant that keep the engine running smoothly.

# Chapter 2

## Section 2.1

Counting calories can be tedious and unsustainable for many. A more practical approach to meal planning is the "Balanced Plate Method."

## Section 2.2

How you eat is just as important as what you eat. In our fast-paced world, we often eat while distracted, leading to poor digestion and overconsumption.