



**“Your diet is a bank  
account. Good food  
choices are good investments.”**

Bethenny Frankel

SWASTHYA HEALTH CARE



# DIET & NUTRITION

“ Diet is the sum of food consumed by a person or other organism. It is what we eat and drink for energy and to stay alive.

## Difference between **DIET & NUTRITION**

“ On the other hand, Nutrition is a part of Diet that is used by our cells and Metabolized by the body to make all the contributions that our body needs. Not all nutrients are acquired from food.