

identify where you fall within the spectrum of all of these values. To close it out, we will go over fiber intake recommendations for health and nutrient absorption.

Level 3 — Micronutrients & Water Intake

This section will go over the types of micronutrients and how to use your food choices to fulfill their daily requirements. We will then finish Level 3 with fluid intake recommendations and how to tell if you are consuming enough to keep yourself hydrated and functioning properly.

MUSCLE AND STRENGTH NUTRITION PYRAMID

