

Download Nutrition 101 A Basic Introduction To Healthy Nutrition

Basics of Nutrition. Page 4 of 26. recommended five or more servings of fruits and vegetables per day. In contrast, the top five consumed foods among Americans include 1) sugared beverages; 2) cake and sweet rolls; 3) hamburgers; 4) pizza; 5) potato and corn chips. The average person is not very well trained in nutrition. I was a victim to this before getting involved in the personal training business. I have written this to provide a basic introduction of the most commonly-accepted nutrition principles that can be immediately applied, starting today. I know ...A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart. Download Nutrition 101 A Basic Introduction To Healthy Nutrition School Nutrition Programs Food Safety Basics is a 4-hour training for new school nutrition managers and employees to provide a basic understanding of food safety. This training enables them to begin the job using safe food handling practices