

Proper nutrition



Food has a significant effect on humans.

It gives:

- Energy
- Force
- Development
- Health



Human health at 70% depends on nutrition.



What is a healthy diet?

- Variety of useful products
- Balanced diet
- Normal development
- Pledge of a long life
- Shape and beautiful body



The most harmful products

- Candies
- Fast food
- Chips
- Mayonnaise and ketchup
- Sugar and salt
- White bread
- Canned goods



These products disrupt the metabolism that leads to obesity and various diseases!

these products provide the body with all the necessary

Healthy food

- Apples
- Onion
- Carrots
- Nuts
- Fish
- Green Tea
- Honey
- Milk
- Bananas
- Olives



These products provide the body with all the necessary nutrients(vitamins)

Athletes nutrition differs from that of ordinary people for several reasons:

- Active sports require more energy
- Heavy loads require a special approach to the composition of the diet

By good composition the correct diet for athletes should be approximated to the formula 30% proteins 60% carbohydrates 10%



Our health depends on our food!

