

Download Nutrition 101 A Basic Introduction To Healthy Nutrition

The average person is not very well trained in nutrition. I was 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 ...It was an ok book it's a short article that covers basic information only about water, fiber and and fat as it pertains to exercise. It is useful but I was looking for basic nutrition that covered more than those three subjects. Basics of Nutrition Page 1 of 26 Introduction to Nutrition . dotFIT recognizes that a proper nutritional background is an essential component to being a well-rounded fitness professional. This section of the course explores basic nutritional concepts and the components of a healthy diet. Proper nutrition is vital to an individual's health and4. Use appropriate sources and services to obtain reliable nutrition information. GLOSSARY Adequate diet: one that provides all the essential nutrients and calories needed to maintain good health and acceptable body weight. Adequate Intake (AI): an estimate of average requirements when evidence is not available to establish an RDA.