

Download Nutrition 101 A Basic Introduction To Healthy Nutrition

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.Buy Nutrition 101: A Basic Introduction to Healthy Nutrition: Read 1 Books Reviews - Amazon.com Skip to main content. From The Community ... I have written this to provide a basic introduction into commonly accepted principles that can be immediately applied starting today. I know nutrition can be difficult, but I try to make it easy for you to ...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.