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most living organisms nov 19 2021 nutrition basics come down to eating a variety of wholesome foods that support your health want to go beyond the nutrition basics talk to your doctor or a dietitian for personalized dietary advice that takes into account your nutrients are substances that provide energy and physical components to the organism allowing it to survive grow and reproduce nutrients can be basic elements or complex macromolecules approximately 30 elements are found in organic matter with nitrogen carbon and phosphorus being the most important 4 nutrition healthy diets and food wellness nutrition food shouldn't just taste good it should give your body the nutrients it needs to fuel you through the day learn more about different food jun 17 2022 dietary guidelines and approaches to improve population nutrition nutrition related vital signs state reports tools and training why vitamins and mineral matter and what cdc is doing globally programs and policies that make healthier foods more accessible including promoting nutrition standards jan 23 2023 nutrition is a critical part of health and development better nutrition is related to improved infant child and maternal health stronger immune systems safer pregnancy and childbirth lower risk of non communicable diseases such as diabetes and cardiovascular disease and longevity healthy children learn better

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